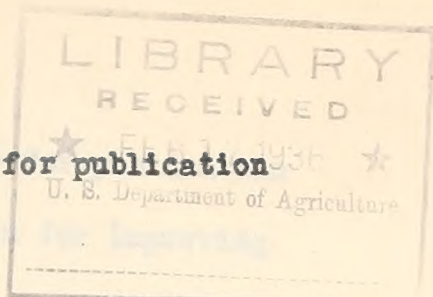


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Not for publication

United States Department of Agriculture
Food Economics Section, Bureau of Home Economics

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

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Grain products, fats, sugars, and foods in the miscellaneous groups: Calories and nutrients other than vitamins taken from "A Laboratory Handbook for Dietetics," M. S. Rose (1929).

Foods in the cheese, milk, and cream groups: Proximate composition taken from U.S.D.A. Farmers' Bulletin No. 1705, "Milk for the Family," (1933); mineral values from Rose's Laboratory Handbook, (1929).

Fruits and vegetables: Calories and nutrients other than vitamins derived as follows: Calories, protein, fat, and carbohydrate for food both as purchased (AP) and edible portion (EP) from U.S.D.A. Circular No. 50, "Proximate Composition of Fresh Fruits," (1928), and from U.S.D.A. Circular No. 146, "Proximate Composition of Fresh Vegetables," (1931); calcium and phosphorus, EP, from percentages given in "Food Products" (3d ed. 1933), H. C. Sherman, and "Chemistry of Foods and Nutrition" (4th ed. 1932), H. C. Sherman; iron, EP, from percentages given in U.S.D.A. Circular No. 205, "Iron Content of Vegetables and Fruits," (1931); AP values for calcium, phosphorus, and iron have been computed from the EP figures, by using percentage of refuse as given for each item in Circulars No. 50 and No. 146; figures for dried legumes and mts from Rose's Laboratory Handbook. All fruits and vegetables are fresh, unless otherwise stated; all figures for food as purchased (AP) refer only to the constituents of the corresponding edible part (EP), and are calculated from percentage of AP weight which is ordinarily used as food.

Meats and fish: Calories and nutrients other than vitamins derived as follows: Calories, protein, fat, and carbohydrate from Rose's Laboratory Handbook; mineral values from estimations given by Sherman's Chemistry of Foods and Nutrition (pp. 556, 557) -- for fish per 100 grams of protein, 0.109 g Ca, 1.148 g P, 0.0055 g Fe; for meat per 100 grams of protein, 0.058 g Ca, 1.078 g P, 0.015 g Fe.

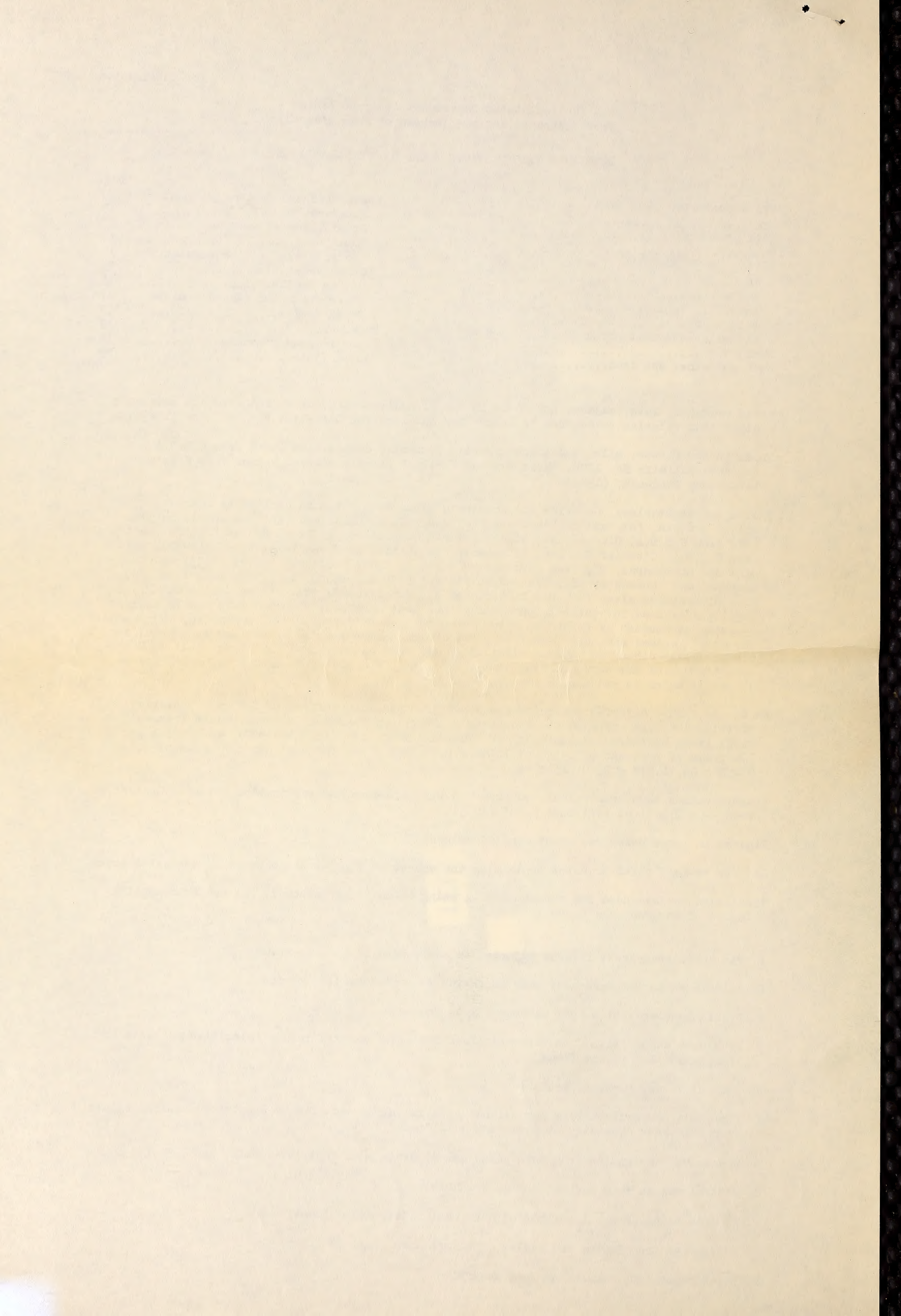
Vitamin values have been calculated from U.S.D.A. mimeographed publication "Vitamin Content of Food -- a Digest of Available Data" (1935).

Figures in parentheses represent imputed values.

Letters at left refer to notes explaining the source of figures not derived as described above.

*Indicates zeroes added for convenience in using calculating machines, but not representing degree of accuracy.

- A. Fat and carbohydrate figures adjusted to correspond to calorie values.
- B. Calculated in the Bureau of Home Economics from standardized recipe.
- C. Proximate composition from Sherman's Food Products.
- D. Proximate composition from Sherman's Food Products; mineral values calculated on basis of 1/2 graham, 1/2 patent flour.
- E. Mineral values supplied by Hawley.
- F. Proximate composition from unpublished data in the Bureau of Home Economics; mineral values from Sherman's Chemistry of Foods and Nutrition.
- G. Proximate composition from Conn. (New Haven) State Agr. Expt. Sta. Bull. No. 319, (1930).
- H. Mineral values from Sherman's Food Products.
- I. Figures based on equal weights of corn meal, rice, and oatmeal.
- J. Phosphorus from Taylor and Iddles, Ind. and Chem. Eng. 18 (1926).
- K. Unpublished data, Bureau of Home Economics.



- L. Mineral values from Sherman and Gillett, Pub. No. 121, New York Association for Improving the Condition of the Poor. (1917).
- M. Proximate composition from Conn. (New Haven) Agr. Expt. Sta. Bull. No. 319, (1930); mineral values supplied by Hawley.
- N. Proximate composition and mineral values from Sherman's Food Products.
- O. Proximate composition from Rose's Laboratory Handbook.
- P. Calcium and phosphorus from Kramer, Jour. Amer. Dietetics Assoc. 11 (1935); iron value calculated from fresh milk, on basis of protein relation.
- Q. Proximate composition from U.S.D.A. Farmers' Bull. No. 1705 (1933); mineral values from Rose's Laboratory Handbook.
- R. Iron value calculated from value of EP food material, on basis of protein relation.
- S. Iron value from Forbes and Swift, Jour. Biol. Chem. 67 (1926).
- T. Proximate composition from U.S.D.A. Circular No. 230 (1932).
- U. Calcium value from Sherman and Gillett, Pub. No. 121, New York Association for Improving the Condition of the Poor. (1917).
- V. Proximate composition, calcium, and iron from unpublished data, Bureau of Home Economics; phosphorus from Sherman's Chemistry of Foods and Nutrition.
- W. Proximate composition and mineral values supplied by Hawley.
- X. Mineral values from Rose's Laboratory Handbook.
- Y. Mineral values from Sherman's Chemistry of Foods and Nutrition, (3d ed., 1926, pp. 588, 592).
- Z. Proximate composition, calcium, and phosphorus from Rose's Laboratory Handbook; iron value from U.S.D.A. Circ. 205.
- AA. Proximate composition from U.S.D.A. Off. Expt. Sta. Bull. No. 28 (1906); calcium and phosphorus values from Sherman's Chemistry of Foods and Nutrition; iron value from U.S.D.A. Circ. 205.
- BB. Mineral values calculated from EP food material, on basis of calorie relation.
- CC. Calcium and phosphorus from Sherman's Chemistry of Foods and Nutrition; iron value from Peterson and Elvehjem, Jour. Biol. Chem. 78 (1928).
- DD. Proximate composition from unpublished data, Bureau of Home Economics; iron value from Peterson and Elvehjem, Jour. Biol. Chem. 78 (1928).
- EE. Calcium and phosphorus from Sherman and Gillett, Pub. No. 121, New York Association for Improving the Condition of the Poor. (1917).
- FF. Mineral values calculated on basis of 65 percent of total net weight representing EP food material.
- GG. Proximate composition and minerals calculated on basis of 65 percent of total net weight representing EP food material.
- HH. Figures calculated at $4\frac{1}{2}$ times fresh EP food material.
- JJ. Iron value from Van Slyke et al., New York (Geneva) Agr. Expt. Sta. Bull. 265 (1905).
- KK. Proximate composition and mineral values calculated on basis of 65 percent of total net weight representing EP food material, plus 8.8 percent sugar.
- LL. Proximate composition and mineral values calculated on basis of 55 percent of total net weight representing EP food material, plus 8.8 percent sugar.
- MM. Calories, protein, and mineral values from Rose's Laboratory Handbook; figures for fat and carbohydrate from U.S.D.A. Off. Expt. Sta. Bull. 28 (1906).
- NN. Proximate composition from Rose's Laboratory Handbook; mineral values from Sherman's Chemistry of Foods and Nutrition (values for apples from 3d ed. 1926; for citron, from 4th ed. 1932).
- OO. Proximate composition calculated at $4\frac{1}{2}$ times fresh EP food material; calcium and phosphorus from Sherman's Chemistry of Foods and Nutrition; iron from U.S.D.A. Circ. 205.
- PP. Proximate composition from Rose's Laboratory Handbook; mineral values on basis of relation between calories AP and EP.
- QQ. Calculated on basis of information in Sherman's Food Products, p. 398.
- RR. Calories and protein value supplied by Hawley; carbohydrates based on assumption that all calories are from protein and carbohydrate; mineral values from Sherman's Chemistry of Foods and Nutrition.
- SS. Proximate composition from unpublished data, Bureau of Home Economics; mineral values calculated on basis of relation between calories AP and EP.
- TT. Proximate composition from Conn. (New Haven) Agr. Expt. Sta. Bull. No. 287 (1927).
- UU. Figures calculated from standardized recipes used in the Nat'l. Child Res. Center, Washington, D.C.
- VV. Proximate composition from Rose's Feeding the Family, (3d ed 1929).
- WW. Proximate composition based upon data in U.S.D.A. Technical Bulletin No. 440, "Shrinkage and Heat Penetration During the Roasting of Lamb and Mutton as Influenced by Carcass Grade, Ripening Period, and Cooking Method." (1934).

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
GRAIN PRODUCTS											
Bread: (not specified).....	(1,205)	(37.20)	(18.50)	(224.00)	(0.172)	(0.355)	(0.00327)	(55)	(18)	(0)	(75)
A. wheat, loaf, made with milk.....	1,270	40.82	(27.00)	(216.00)	.285	.440	.00363	(110)	(18)	(0)	(150)
B. wheat, loaf, made with water.....	1,139	33.57	10.00*	227.00*	.058	.269	.00290	(0)	(18)	(0)	(0)
C. wheat, rolls.....	1,435	44.00	19.05	271.71	(.285)	(.440)	(.00363)	(110)	(18)	(0)	(150)
A. whole wheat, made with milk.....	1,302	50.35	(13.60)	(244.50)	.331	.880	.00771	(110)	(763)	(0)	(340)
A. whole wheat, made with water.....	1,129	43.55	(7.50)	(224.00)	.091	.694	.00726	(110)	(763)	(0)	(180)
A. graham, 50 percent.....	1,179	41.28	(8.00)	(236.00)	.177	.708	.00771	(110)	(390)	(0)	(170)
graham, 100 percent.....	1,180	40.37	8.16	236.40	.227	.989	.01134	(110)	(763)	(0)	(340)
rye, loaf.....	1,153	40.82	2.72	241.30	.109	.671	.00726	(0)	(275)	(0)	-
biscuit, soda.....	1,683	42.18	62.14	238.59	(.285)	(.440)	(.00363)	(110)	(18)	(0)	(150)
biscuit, Maryland.....	1,447	38.10	25.40	266.72	(.285)	(.440)	(.00363)	(110)	(18)	(0)	(150)
Boston brown bread.....	1,026	24.48	8.16	213.60	.585	.839	.01360	(55)	(390)	(0)	(170)
corn bread.....	1,175	35.83	21.32	210.00	(.172)	(.355)	(.00327)	(55)	(18)	(0)	(75)
zweibach.....	1,916	44.45	44.90	333.40	(.258)	(.533)	(.00490)	(55)	(18)	(0)	(75)
Crackers and cookies:											
soda crackers.....	1,875	44.45	41.27	331.64	.100	.463	.00680	(0)	(23)	(0)	(0)
graham crackers.....	1,904	45.36	42.64	334.76	.134	1.034	.01066	(60)	(610)	(0)	(320)
B. sugar cookies.....	1,724	24.80	65.42	258.99	.107	.253	.00278	(1,979)	(30)	(1)	(52)
Ready-to-eat breakfast foods:											
E. corn flakes.....	1,737	37.20	1.81	393.27	.079	.839	.00390	(0)	(0)	(0)	(0)
F. wheat bran.....	1,628	71.80*	21.77	286.22	.544	5.511	.03538	(180)	907	(0)	(450)
puffed wheat.....	1,696	73.48	8.16	332.04	-	-	.01860	-	-	-	-
shredded wheat.....	1,657	54.88	8.16	341.10	.186	1.470	.02041	(60)	(610)	(0)	(360)
G. Krumbles.....	1,642	52.16	7.71	341.56	(.141)	(1.080)	(.01134)	(60)	(610)	(0)	(320)
G. Muffets.....	1,647	54.89	5.44	344.74	(.141)	(1.080)	(.01134)	(60)	(610)	(0)	(320)
wheat flakes.....	1,648	60.78	6.35	337.00	(.141)	(1.080)	(.01134)	(60)	(610)	(0)	(320)
wheat, toasted.....	1,696	61.68	10.88	337.80	(.141)	(1.080)	(.01134)	(60)	(610)	(0)	(320)
G. rice flakes.....	1,619	34.47	2.27	364.69	(.041)	(.435)	(.00408)	(0)	(0)	(0)	(0)
G. puffed rice.....	1,683	29.03	.91	390.10	(.041)	(.435)	(.00408)	(0)	(0)	(0)	(0)
Grapenuts.....	1,683	52.16	4.54	358.34	(.177)	(.708)	(.00771)	(0)	(680)	(0)	(120)
Flour:											
wheat, white.....	1,603	50.80	4.53	339.75	.091	.417	.00454	0	23	0	(0)
whole wheat (entire wheat).....	1,633	62.60	8.69	320.14	.141	1.080	.01134	(68)	(680)	(0)	(360)
graham.....	1,627	60.32	9.98	323.87	.177	1.651	.01678	(68)	(680)	(0)	(360)
rye.....	1,588	30.88	4.08	357.00	.082	1.311	.00590	(0)	499	0	-
buckwheat.....	1,577	29.03	5.48	353.40	.177	1.025	.00544	(0)	998	(0)	(120)
barley.....	1,601	47.63	9.98	330.22	.231	1.814	.02155	(0)	499	(0)	-
I. Hoover mixture, and pancake.....	1,660	54.10	12.95	330.22	.144	1.039	.00918	(907)	(204)	(0)	(0)

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Other cereal products:											
H. corn meal, yellow, granular (bolted)	1,613	41.73	8.62	342.01	0.073	0.689	0.00408	(2,720)	(0)	(0)	(0)
corn meal, white, water-ground.....	1,630	40.37	16.78	330.22	.091	1.034	.01633	(0)	(585)	(0)	(90)
J. cornstarch.....	1,632	-	-	408.24	-	.408	-	(0)	(0)	(0)	(0)
hominy, pearl or grits.....	1,608	37.65	2.72	358.34	.050	.653	.00408	(0)	(0)	(0)	(0)
K. hominy, cooked.....	370	9.98	.91	80.74	(.010)	(.130)	(.00081)	(0)	(0)	(0)	(0)
popcorn.....	1,826	48.54	22.68	356.98	(.132)	(1.275)	(.01651)	(0)	(585)	(0)	(90)
H. cracked wheat.....	1,641	50.34	7.71	342.50	(.240)	(1.696)	(.02268)	(68)	(680)	(0)	(360)
L. cream of wheat.....	1,660	49.90	4.08	356.53	.095	.703	.00363	(0)	(23)	(0)	(0)
farina, light.....	1,641	49.89	6.35	346.10	.095	.567	.00363	(0)	(23)	(0)	(0)
farina, dark.....	1,641	50.34	(7.00)	(344.30)	.204	1.919	.02268	(68)	(680)	(0)	(360)
malt breakfast food.....	1,601	53.52	2.27	341.56	(.095)	(.567)	(.00363)	(0)	(610)	(0)	(320)
G. Pettijohn's.....	1,606	41.28	9.07	339.75	(.203)	(1.921)	(.02270)	(60)	(610)	(0)	(320)
G. Balston.....	1,647	62.14	6.35	335.66	(.095)	(.567)	(.00363)	(34)	(350)	(0)	(180)
M. Wheatena.....	1,720	63.20*	(7.00)	(351.00)	.203	1.921	.02270	(68)	(680)	(0)	(0)
K. wheat germ meal.....	1,803	132.00*	51.00*	204.00*	.322	4.763	.06985	(1,500)	5,443	(0)	1,361
rice, brown.....	1,592	36.29	1.00	360.00	.041	.939	.00907	(0)	499	(0)	-
rice, polished.....	1,591	36.32	1.36	358.34	.041	.435	.00408	0	0	(0)	(0)
K. rice polishings.....	1,781	53.98	46.72	285.22	.136	7.666	.04500	(0)	2,722	(0)	340
oatmeal or rolled oats.....	1,803	75.75	33.12	300.40	.313	1.778	.01724	0	612	0	-
H. pearled barley.....	1,610	38.55	4.78	352.90	.091	.367	.00907	0	499	0	(0)
C. noodles.....	1,625	53.07	4.54	342.92	(.100)	(.653)	(.00544)	-	(23)	(0)	(0)
macaroni, spaghetti, other pastes...	1,624	60.78	4.08	336.12	.100	.653	.00544	(0)	(23)	(0)	(0)
tapioca and sago.....	1,608	1.81	.45	399.20	.104	.408	.00726	(0)	(0)	(0)	(0)
arrowroot starch.....	1,769	-	-	442.26	-	-	-	(0)	(0)	(0)	(0)
almond meal.....	1,583	119.75	7.71	257.64	(1.043)	(2.045)	(.01769)	(0)	454	(0)	-
dextrin-maltose.....	1,687	0	0	421.85	-	-	-	(0)	(0)	(0)	(0)
EGGS											
N. Eggs: whole, AP.....	595	53.98	42.18	0	.269	.722	.01205	4,028	202	0	443
N. whole, MP.....	672	60.78	47.63	0	.281	1.016	.01315	4,556	227	0	499
N. white.....	231	55.79	.91	0	.059	.068	.00045	0	0	0	363
N. yolk.....	1,643	71.22	151.05	0	.590	2.685	.03901	13,608	680	0	771
MILK PRODUCTS											
H. Cheese, cheddar: (American; store)....	1,916	116.12	137.40	8.73	4.218	3.180	.00590	11,340	(0)	(0)	907
H. cottage.....	459	87.09	3.63	23.45	.372	1.193	-	363	(0)	(0)	(200)
soft "cream" cheese.....	1,910	65.77	180.99	4.50	-	-	-	15,876	(0)	(0)	204
C. Neufchatel cheese.....	1,130	96.62	82.56	0	-	-	-	(8,000)	(0)	(0)	(500)
C. Parmesan cheese.....	1,746	157.85	123.83	0	-	-	-	5,670	(0)	(0)	(500)
O. Roquefort cheese.....	1,647	102.50	133.80	8.16	-	-	-	(10,000)	(0)	(0)	(900)
Swiss cheese.....	1,831	129.73	141.98	8.57	-	-	-	(11,000)	(0)	(0)	(900)

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Milk: fluid, whole.....	310	15.42	17.69	22.28	0.544	0.422	0.00109	748	91	9	272
skimmed milk.....	162	15.88	.91	22.57	.553	.435	.00113	9	(90)	(0)	(270)
buttermilk.....	167	15.88	2.27	20.76	.477	.440	.00113	(90)	(90)	(0)	(270)
condensed milk (sweetened).....	1,484	36.74	38.10	248.54	1.361	1.066	.00272	(1,200)	(140)	(0)	(600)
evaporated milk (unsweetened).....	629	31.75	35.83	44.88	1.166	.903	.00231	(1,200)	(140)	(0)	(600)
dried skim milk.....	1,630	161.48	4.54	235.81	6.028	4.781	.01149	91	816	0	2,835
dried whole milk.....	2,248	117.03	121.11	172.47	4.158	3.238	.00827	6,010	680	0	2,268
whey.....	123	4.54	1.36	23.15	.200	.159	-	-	-	-	-
Q. Cream: thin (coffee) cream.....	942	13.15	90.72	18.23	.440	.388	.00091	3,402	(70)	(0)	(215)
Q. heavy (whipping) cream.....	1,727	9.98	181.44	13.53	.390	.304	.00091	(6,800)	(50)	(0)	(160)
R. Ice cream.....	993	11.34	68.49	82.66	.168	-	-	-	-	-	-
B. Orange ice.....	510	71.00	0	120.00	.038	.023	.00024	(180)	(140)	(150)	(80)
FATS											
Q. Butter.....	3,325	2.72	367.42	1.84	.068	.077	.00091	10,660	(0)	(0)	(0)
Oleomargarine.....	3,410	5.44	376.50	0	(.068)	(.077)	(.00091)	-	(0)	(0)	(0)
Table and cooking oils: olive oil....	4,082	0	453.60*	0	(0)	(0)	(0)	0	(0)	(0)	(0)
corn oil (Mazola).....	(4,082)	0	(453.60)	0	(0)	(0)	(0)	0	(0)	(0)	(0)
cottonseed oil (Wesson).....	(4,082)	0	(453.60)	0	(0)	(0)	(0)	0	(0)	(0)	0
Shortenings: lard.....	4,082	0	453.60*	0	0	0	0	23	(0)	(0)	(0)
vegetable shortening; e.g., Crisco..	4,082	0	453.60*	0	0	0	0	(0)	(0)	(0)	(0)
Other fatty foods: bacon.....	2,836	47.68	293.92	0	.028	.513	.00590	(23)	(869)	(0)	(294)
bacon broiled.....	3,153	104.33	303.91	0	(.061)	(1.122)	(.01291)	(15)	(0)	(0)	(700)
salt pork (dry or pickled).....	3,555	8.62	391.00	0	(.028)	(.513)	(.00590)	(23)	(157)	(0)	(53)
suet (beef).....	3,425	21.32	371.04	0	(.012)	(.230)	(.00320)	(2,250)	(0)	(0)	-
saled dressings.....	571	14.29	40.80	37.14	-	-	-	-	-	-	-
mayonnaise.....	3,200	8.00	344.89	16.00	(.022)	(.101)	(.00146)	(510)	(25)	(0)	(30)
cod liver oil.....	4,082	0	453.60*	0	0	0	0	(270,000)	(0)	(0)	(0)
almond butter, BP.....	3,112	97.98	278.96	52.62	-	-	-	-	-	-	-
bacon and salt pork.....	3,076	25.86	330.22	-	(.028)	(.513)	(.00590)	(23)	(0)	(0)	(390)
MEATS											
Beef: (general) AP.....	964	67.60*	77.10*	0	.039	.729	.01014	238	159	(0)	397
steak: porterhouse, AP.....	1,077	86.64	81.19	0	.050	.934	.01300	305	204	(0)	508
porterhouse, BP.....	1,230	99.34	92.53	0	.058	1.071	.01490	350	223	(0)	583
round, lean, AP.....	652	88.45	33.11	0	.051	.953	.01327	311	208	(0)	519
round, lean, BP.....	709	96.62	35.84	0	.056	1.042	.01449	340	227	(0)	567
round, medium fat, AP.....	867	86.18	58.06	0	.050	.929	.01293	303	202	(0)	506
round, medium fat, BP.....	923	92.07	61.69	0	.053	.993	.01381	324	216	(0)	540
round, lean, pan broiled, BP.....	807	102.06	44.45	0	.059	1.100	.01531	359	240	(0)	599
rump, lean, AP.....	796	86.64	49.90	0	.050	.934	.01300	305	204	(0)	508
rump, lean, BP.....	938	94.80	62.14	0	.055	1.022	.01422	334	223	(0)	556

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Beef:	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
steak: rump, medium fat, AP.....	1,075	62.60	91.62	0	0.036	0.675	0.00939	220	147	(0)	367
rump, medium fat, EP.....	1,357	78.92	115.98	0	.046	.851	.01184	278	185	(0)	463
sirloin, AP.....	957	74.84	73.03	0	.043	.807	.01123	263	176	(0)	439
sirloin, EP.....	1,098	85.73	83.91	0	.050	.924	.01286	302	201	(0)	503
top sirloin, AP.....	1,968	60.33	191.88	0	.035	.650	.00905	212	142	(0)	354
top sirloin, EP.....	2,034	62.60	198.21	0	.036	.675	.00939	220	147	(0)	367
tenderloin, EP.....	1,290	73.48	110.69	0	.043	.792	.01102	259	173	(0)	431
roast: ribs, lean, AP.....	655	68.95	42.15	0	.040	.743	.01034	243	162	(0)	405
ribs, lean, EP.....	845	88.90	54.42	0	.052	.958	.01334	313	209	(0)	522
ribs, medium fat, AP.....	1,118	63.03	96.16	0	.037	.679	.00945	222	148	(0)	370
ribs, medium fat, EP.....	1,403	79.38	120.66	0	.046	.856	.01191	279	186	(0)	466
rib roll, lean, AP.....	795	91.62	47.63	0	.053	.988	.01374	322	215	(0)	538
round, lean, AP.....	652	88.45	33.11	0	.051	.953	.01327	311	208	(0)	519
round, lean, EP.....	709	96.62	35.84	0	.056	1.042	.01449	340	227	(0)	567
round, medium fat, AP.....	867	86.18	58.06	0	.050	.929	.01293	303	202	(0)	506
round, medium fat, EP.....	923	92.07	61.69	0	.053	.993	.01381	324	216	(0)	540
rump, lean, AP.....	796	86.64	49.90	0	.050	.934	.01300	305	204	(0)	508
rump, lean, EP.....	938	94.80	62.14	0	.055	1.022	.01422	334	223	(0)	556
rump, medium fat, AP.....	1,075	62.60	91.62	0	.036	.675	.00939	220	147	(0)	367
rump, medium fat, EP.....	1,357	78.92	115.98	0	.046	.851	.01184	278	185	(0)	463
(chuck) shoulder, medium fat, AP...	702	74.38	44.45	0	.043	.802	.01116	262	175	(0)	436
(chuck) shoulder, medium fat, EP...	817	88.90	51.26	0	.052	.958	.01334	313	209	(0)	522
shoulder and clod, lean, AP.....	477	74.38	19.96	0	.043	.802	.01116	262	175	(0)	436
shoulder and clod, lean, EP.....	591	92.52	24.49	0	.054	.997	.01388	326	217	(0)	543
other, AP.....	1,559	107.05	125.64	0	.062	1.154	.01606	377	251	(0)	628
loin, lean, AP.....	763	77.57	50.35	0	.045	.836	.01164	273	182	(0)	455
loin, lean, EP.....	876	89.36	57.61	0	.052	.963	.01340	314	210	(0)	524
loin, medium fat, AP.....	1,007	73.03	79.38	0	.042	.787	.01095	257	172	(0)	428
loin, medium fat, EP.....	1,160	83.71	91.62	0	.049	.902	.01256	295	197	(0)	491
round, lean, pot roast, EP.....	1,021	156.49	44.00	0	.091	1.687	.02347	551	368	(0)	918
flank: lean, EP.....	526	101.61	13.15	0	.059	1.095	.01524	358	239	(0)	596
medium fat, AP.....	1,084	77.11	86.18	0	.045	.831	.01157	271	181	(0)	452
medium fat, EP.....	1,202	85.73	95.26	0	.050	.924	.01286	302	201	(0)	503
navel, lean, AP.....	565	135.17	2.72	0	.078	1.457	.02028	476	318	(0)	793
navel, lean, EP.....	582	139.50	2.72	0	.081	1.504	.02093	491	328	(0)	819
neck: lean, AP.....	515	68.50	26.76	0	.040	.738	.01028	241	161	(0)	402
lean, EP.....	731	97.08	38.10	0	.056	1.047	.01456	342	228	(0)	570
medium fat, AP.....	749	65.76	53.98	0	.038	.709	.00986	231	154	(0)	386
medium fat, EP.....	1,038	91.18	74.84	0	.053	.983	.01368	321	214	(0)	535
plate: lean, AP.....	869	58.98	70.30	0	.034	.636	.00885	208	139	(0)	346
lean, EP.....	1,051	70.73	85.28	0	.041	.762	.01061	249	166	(0)	415

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
		Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Beef:	Calories										
plate, medium fat, AP.....	1,247	62.60	110.69	0	0.036	0.675	0.00939	220	147	(0)	367
plate, medium fat, EP.....	1,487	74.84	132.00	0	.043	.807	.01123	263	176	(0)	439
shank, medium fat, AP.....	391	43.55	24.04	0	.025	.469	.00653	153	102	(0)	255
shank, hind, medium fat, EP.....	849	94.80	52.16	0	.055	1.022	.01422	334	223	(0)	556
corned beef, AP.....	1,231	64.86	107.96	0	.038	.699	.00973	228	152	(0)	381
corned beef, EP.....	1,353	70.76	118.84	0	.041	.763	.01061	249	166	(0)	415
dried beef, AP.....	760	119.75	31.30	0	.069	1.291	.01796	421	281	(0)	703
dried beef, EP.....	817	136.08	29.48	1.81	.079	1.467	.02041	479	320	(0)	798
Veal:											
steak: leg, lean, AP.....	503	88.00	16.83	0	.051	.949	.01320	(0)	(122)	(0)	516
leg, lean, EP.....	554	96.64	18.56	0	.056	1.042	.01450	(0)	(136)	(0)	567
leg, medium fat, AP.....	603	70.24	35.84	0	.041	.757	.01054	(0)	(100)	(0)	412
leg, fat, EP.....	734	91.68	40.80	0	.053	.988	.01375	(0)	(127)	(0)	538
chops: loin, lean, AP.....	468	72.12	19.96	0	.042	.777	.01082	(0)	(100)	(0)	423
loin, lean, EP.....	599	92.53	25.40	0	.054	.997	.01388	(0)	(132)	(0)	543
loin, medium fat, AP.....	669	75.30	40.82	0	.044	.812	.01130	(0)	(104)	(0)	442
loin, fat, EP.....	798	90.24	48.99	0	.052	.973	.01354	(0)	(127)	(0)	529
rib, medium fat, AP.....	469	70.30	20.87	0	.041	.758	.01055	(0)	(100)	(0)	412
rib, fat, EP.....	625	93.88	27.67	0	.054	1.012	.01408	(0)	(132)	(0)	551
roast: rump, AP.....	712	62.60	51.26	0	.036	.675	.00939	(0)	(89)	(0)	367
rump, EP.....	1,021	89.82	73.48	0	.052	.968	.01347	(0)	(127)	(0)	527
shoulder, lean, AP.....	466	76.66	17.69	0	.044	.826	.01150	(0)	(109)	(0)	450
shoulder, lean, EP.....	563	93.88	20.87	0	.054	1.012	.01408	(0)	(132)	(0)	551
shoulder, medium fat, AP.....	723	68.48	49.90	0	.040	.738	.01027	(0)	(95)	(0)	402
shoulder, fat, EP.....	945	89.36	65.32	0	.052	.963	.01340	(0)	(127)	(0)	524
stew: breast, lean, AP.....	538	71.05	28.14	0	.041	.766	.01066	(0)	(100)	(0)	417
breast, lean, EP.....	711	96.16	36.29	0	.056	1.037	.01442	(0)	(136)	(0)	564
breast, medium fat, AP.....	732	70.76	49.90	0	.041	.763	.01061	(0)	(100)	(0)	415
breast, fat, EP.....	915	88.00	62.59	0	.051	.919	.01320	(0)	(122)	(0)	516
chuck, lean, AP.....	368	75.75	7.26	0	.044	.817	.01136	(0)	(109)	(0)	444
chuck, lean, EP.....	451	93.44	8.62	0	.054	1.007	.01402	(0)	(132)	(0)	548
chuck, medium fat, AP.....	503	72.58	23.59	0	.042	.782	.01089	(0)	(104)	(0)	426
chuck, fat, EP.....	623	89.36	29.48	0	.052	.963	.01340	(0)	(127)	(0)	524
flank, medium fat, AP.....	797	92.96	47.04	0	.054	1.002	.01394	(0)	(132)	(0)	545
neck, AP.....	440	63.05	20.87	0	.037	.680	.00946	(0)	(91)	(0)	370
neck, EP.....	650	92.07	31.30	0	.053	.993	.01381	(0)	(132)	(0)	540
shank, fore, AP.....	347	55.34	14.06	0	.032	.597	.00830	(0)	(77)	(0)	325
shank, fore, EP.....	588	93.89	23.58	0	.054	1.012	.01408	(0)	(132)	(0)	551
shank, hind, medium fat, AP.....	209	34.93	7.71	0	.020	.377	.00524	(0)	(50)	(0)	205
hind, fat, EP.....	563	93.89	20.87	0	.054	1.012	.01408	(0)	(132)	(0)	551

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
K. Lamb or mutton, not specified, AP.....	1,013	59.40*	86.20*	0	0.034	0.640	0.00891	(0)	(90)	(0)	(377)
chops: loin, AP.....	1,274	72.58	109.30	0	.042	.782	.01089	(0)	(110)	(0)	(461)
loin, EP.....	1,495	84.82	128.37	0	.049	.914	.01272	(0)	(129)	(0)	(538)
loin (mutton) lean, EP.....	1,185	107.50	84.12	0	.062	1.159	.01613	(0)	(164)	(0)	(682)
loin (mutton) medium fat, AP.....	1,400	61.24	128.36	0	.036	.660	.00919	(0)	(93)	(0)	(389)
loin (mutton) medium fat, EP.....	1,642	72.58	150.14	0	.042	.782	.01089	(0)	(110)	(0)	(461)
shoulder, AP.....	1,225	65.31	107.05	0	.038	.704	.00980	(0)	(99)	(0)	(414)
shoulder, EP.....	1,541	82.10	134.70	0	.048	.885	.01232	(0)	(125)	(0)	(521)
shoulder (mutton) AP.....	881	62.14	70.13	0	.036	.670	.00932	(0)	(95)	(0)	(394)
shoulder (mutton) medium fat, EP..	1,133	80.28	90.26	0	.047	.865	.01204	(0)	(122)	(0)	(509)
not specified, broiled, AP.....	1,425	83.46	121.10	0	.048	.900	.01252	(0)	(127)	(0)	(530)
not specified, broiled, EP.....	1,615	98.43	135.63	0	.057	1.061	.01476	(0)	(150)	(0)	(624)
roast: leg, hind, medium fat, AP...	844	72.12	61.69	0	.042	.777	.01082	(0)	(110)	(0)	(458)
leg, medium fat, EP.....	1,022	87.08	74.84	0	.051	.939	.01306	(0)	(133)	(0)	(552)
leg, EP.....	876	89.36	57.61	0	.052	.963	.01340	(0)	(136)	(0)	(567)
leg (mutton) hind, lean, AP.....	720	74.84	56.72	0	.043	.807	.01123	(0)	(114)	(0)	(475)
leg (mutton) lean, EP.....	865	89.82	56.24	0	.052	.968	.01347	(0)	(137)	(0)	(570)
leg (mutton) hind, medium fat, AP.	874	68.50	66.68	0	.040	.738	.01028	(0)	(104)	(0)	(435)
leg (mutton) hind, fat, EP.....	1,070	83.91	81.64	0	.049	.905	.01259	(0)	(128)	(0)	(532)
leg (mutton) EP.....	1,374	113.40	102.51	0	.066	1.222	.01701	(0)	(173)	(0)	(720)
chuck (mutton) AP.....	1,437	53.07	136.08	0	.031	.572	.00796	(0)	(81)	(0)	(337)
chuck (mutton) EP.....	1,767	66.22	166.80	0	.038	.714	.00993	(0)	(101)	(0)	(420)
shoulder, AP.....	1,225	65.31	107.05	0	.038	.704	.00980	(0)	(99)	(0)	(414)
shoulder, EP.....	1,541	82.10	134.70	0	.048	.885	.01232	(0)	(125)	(0)	(521)
shoulder (mutton) AP.....	881	62.14	70.31	0	.036	.670	.00932	(0)	(95)	(0)	(394)
shoulder (mutton) medium fat, EP..	1,133	80.28	90.26	0	.047	.865	.01204	(0)	(122)	(0)	(509)
stew: breast, AP.....	1,057	69.85	86.63	0	.041	.753	.01048	(0)	(106)	(0)	(443)
breast, EP.....	1,310	86.63	107.04	0	.050	.934	.01299	(0)	(132)	(0)	(550)
flank, medium fat, AP.....	1,757	62.60	167.38	0	.036	.675	.00939	(0)	(95)	(0)	(397)
flank, fat, EP.....	1,839	68.94	173.70	0	.040	.743	.01034	(0)	(105)	(0)	(437)
neck, AP.....	1,098	66.22	92.53	0	.038	.714	.00993	(0)	(101)	(0)	(420)
neck, EP.....	1,334	80.28	112.49	0	.047	.865	.01204	(0)	(122)	(0)	(509)
neck (mutton) medium fat, AP.....	954	55.80	81.20	0	.032	.602	.00837	(0)	(85)	(0)	(354)
neck (mutton) medium fat, EP.....	1,311	76.66	111.58	0	.044	.826	.01150	(0)	(117)	(0)	(486)
K. Pork, fresh, not specified, AP.....	1,667	49.40*	163.30*	0	.029	.533	.00741	(8)	900	(0)	304
chops: loin, lean, AP.....	873	70.31	65.76	0	.041	.758	.01055	(8)	1,281	(0)	433
loin, lean, EP.....	1,144	92.08	86.18	0	.053	.993	.01381	(10)	1,678	(0)	567
loin, fat, EP.....	1,530	75.30	136.53	0	.044	.812	.01130	(10)	1,372	(0)	464
loin, medium fat, AP.....	1,231	60.78	109.78	0	.035	.655	.00912	(8)	1,108	(0)	374
loin, tenderloin, EP.....	874	85.74	58.97	0	.050	.924	.01286	(10)	1,562	(0)	528
ham: boneless, AP.....	1,382	64.84	124.74	0	.038	.699	.00973	(8)	1,182	(0)	399
fresh, lean, AP.....	1,030	112.50	64.41	0	.065	1.213	.01688	(8)	2,050	(0)	693

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Pork:	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
ham, fresh, medium fat, AP.....	1,302	60.33	117.48	0	0.035	0.650	0.00905	(9)	1,099	(0)	371
ham, fresh, medium fat, EP.....	1,457	69.40	131.10	0	.040	.748	.01041	(10)	1,265	(0)	427
shoulder, medium fat, AP.....	1,322	58.98	120.66	0	.034	.636	.00885	(8)	1,075	(0)	363
shoulder, fat, EP.....	1,615	72.12	147.42	0	.042	.777	.01082	(10)	1,314	(0)	444
other fresh pork, side, AP.....	2,145	36.28	222.25	0	.021	.391	.00544	(9)	661	(0)	223
other fresh pork, side, EP.....	2,423	41.28	250.82	0	.024	.445	.00619	(10)	752	(0)	254
smoked ham: baked or boiled, AP.....	1,281	91.62	101.61	0	.053	.988	.01374	(8)	1,670	(0)	564
lean, AP.....	1,073	79.38	83.92	0	.046	.856	.01191	(9)	1,447	(0)	489
lean, EP.....	1,207	89.82	94.35	0	.052	.968	.01347	(10)	1,637	(0)	553
medium fat, AP.....	1,621	64.41	151.50	0	.037	.694	.00966	(9)	1,174	(0)	397
medium fat, EP.....	1,880	73.94	175.80	0	.043	.797	.01109	(10)	1,347	(0)	445
spare ribs.....	1,570	66.23	145.15	0	.038	.714	.00993	(7)	(1,207)	(0)	(408)
clear fat salt pork, AP.....	3,555	8.62	391.00	0	(.028)	(.513)	(.00590)	(23)	(157)	(0)	(53)
pickled pig's feet, AP.....	565	46.27	42.18	0	.027	.499	.00694	(0)	843	(0)	285
pickled pig's feet, EP.....	900	73.94	67.13	0	.043	.797	.01109	(0)	1,347	(0)	455
Miscellaneous meat products:											
heart, beef, EP.....	1,125	72.58	92.53	0	.042	.782	.01996	(0)	(420)	(20)	1,361
heart, veal, AP.....	699	76.20	43.55	0	.044	.821	.01143	(0)	(420)	(20)	(1,360)
kidney, beef, AP.....	326	62.14	8.62	0	.036	.670	.07036	(2,600)	(345)	(25)	(3,370)
kidney, beef, EP.....	504	75.30	21.77	1.81	.044	.812	.08528	(3,150)	(420)	(30)	4,082
kidney, veal.....	568	76.64	28.96	0	.044	.826	.01814	(3,150)	(420)	(30)	4,082
liver: beef, AP.....	538	91.62	14.06	11.34	.053	.988	.03683	(44,110)	(445)	(110)	(4,490)
beef, EP.....	584	92.53	20.41	7.71	.054	.997	.03720	(44,550)	(450)	(110)	4,536
pork, AP.....	572	96.62	20.41	0	.056	1.042	.01449	36,288	(450)	(110)	(4,000)
veal, AP.....	562	86.24	24.04	0	.050	.930	.01294	33,113	340	(110)	4,082
lungs, beef, AP.....	428	74.39	14.51	0	.043	.802	.01116	-	-	-	-
sweetbreads, AP.....	799	76.20	54.90	0	.044	.821	.01143	-	-	-	-
sweetbreads, EP (cooked).....	753	91.63	43.09	0	.053	.988	.01374	-	-	-	-
tongue (beef) uncooked, AP.....	529	64.02	30.39	0	.037	.690	.00960	(225)	(150)	(0)	(376)
tongue (beef) cooked, canned, EP.....	718	85.73	41.73	0	.050	.924	.01286	(302)	(201)	(0)	(503)
tripe, AP.....	261	53.07	5.44	0	.031	.572	.00796	-	(0)	(0)	-
sausage: blood pudding.....	1,683	67.18	157.13	0	.039	.724	.01008	-	-	-	-
bologna, AP.....	1,134	82.56	89.36	0	.048	.890	.01238	(0)	(135)	(0)	(335)
bologna, EP.....	1,063	84.82	79.83	0	.049	.914	.01272	(0)	(135)	(0)	(335)
frankfort, AP.....	1,134	88.90	84.37	1.36	.052	.958	.01334	(0)	(135)	(0)	(335)
liver pudding.....	1,143	75.75	93.44	4.99	(.056)	(1.042)	(.01449)	(30,000)	(400)	(50)	(3,600)
pork, AP.....	2,052	58.97	199.60	0	.034	.636	.00885	(10)	(1,075)	(0)	(363)
summer, AP.....	2,163	111.13	190.98	0	.064	1.198	.01667	(10)	(785)	(0)	(900)
Minced, potted, deviled meat:											
deviled ham.....	1,737	86.18	154.68	0	.050	.929	.01293	(10)	(1,570)	(0)	(531)
head cheese, AP.....	1,323	85.73	108.87	0	.050	.924	.01286	(10)	(1,562)	(0)	(528)
head cheese, EP.....	1,734	88.45	153.30	0	.051	.953	.01327	(10)	(1,612)	(0)	(545)

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
		Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Cooked or canned muscle meat:	Calories										
beef, cooked.....	1,559	107.05	125.64	0	0.062	1.154	0.01606	(377)	(251)	(0)	(628)
pork: boiled or baked ham, AP.....	1,281	91.62	101.61	0	.053	.988	.01374	(0)	(1,350)	(0)	(560)
fried ham.....	1,780	107.25	150.11	0	.062	1.156	.01609	(10)	(1,954)	(0)	(660)
roast.....	1,440	83.25	123.00	0	.048	.897	.01249	(10)	(1,517)	(0)	(513)
sausage.....	1,750	112.00	144.67	0	.065	1.207	.01680	(10)	(2,041)	(0)	(690)
poultry: canned boned chicken.....	1,025	125.65	58.06	0	.073	1.355	.01885	(0)	(200)	(0)	(560)
potted chicken, cooked, EP.....	1,179	88.00	92.08	0	.051	.949	.01320	(0)	(200)	(0)	(560)
turkey meat, light, cooked, EP....	830	156.95	22.23	0	.091	1.692	.02354	(0)	(680)	(0)	(560)
turkey meat, dark, cooked, EP....	889	177.81	19.50	0	.103	1.917	.02667	(0)	(1,361)	(0)	(560)
potted turkey, EP.....	1,211	78.02	99.79	0	.045	.841	.01170	(0)	(200)	(0)	(560)
Other meat products: bouillon.....	48	9.98	.45	.91	-	-	-	(0)	(0)	(0)	(0)
bouillon cubes.....	(3,350)	(696.60)	(31.41)	(58.97)	(.404)	(7.509)	(.10449)	-	-	-	-
broth.....	75	8.25	4.66	0	-	-	-	(0)	(0)	(0)	(0)
gelatin.....	1,662	414.59	.45	0	1.134	-	-	(0)	(0)	(0)	(0)
U. Poultry:											
chicken: broilers, AP.....	289	58.06	6.35	0	.034	.626	.00871	(0)	607	(0)	(337)
broilers, EP.....	492	97.60	11.36	0	.057	1.052	.01464	(0)	1,020	(0)	(567)
fowl, AP.....	751	62.14	55.79	0	.036	.670	.00932	(0)	649	(0)	(361)
fowl, EP.....	1,016	87.54	73.94	0	.051	.944	.01313	(0)	915	(0)	(509)
chicken meat, no fat, EP.....	499	98.88	11.34	0	.057	1.066	.01483	(0)	1,033	(0)	(574)
turkey, AP.....	1,043	73.03	83.46	0	.042	.787	.01095	(0)	763	(0)	(424)
turkey, EP.....	1,318	95.71	103.88	0	.056	1.032	.01436	(0)	1,000	(0)	(556)
duck, AP.....	934	69.85	72.58	0	.041	.753	.01048	(0)	730	(0)	(406)
duck, EP.....	1,107	83.01	86.18	0	.048	.895	.01245	(0)	868	(0)	(482)
duck, breast, EP.....	540	101.15	14.97	0	.059	1.090	.01517	(0)	1,057	(0)	(588)
goose, AP.....	1,460	60.78	135.18	0	.035	.655	.00912	(0)	635	(0)	(353)
goose, young, EP.....	1,774	73.93	164.20	0	.043	.797	.01109	(0)	773	(0)	(429)
other poultry and game:											
guinea hen, AP.....	532	88.00	24.49	0	.051	.949	.01320	(0)	920	(0)	(511)
guinea hen, EP.....	685	104.78	29.48	0	.061	1.130	.01572	(0)	1,095	(0)	(609)
pigeon, AP.....	363	89.36	.45	0	.052	.963	.01340	(0)	934	(0)	(519)
pigeon, EP.....	417	103.42	.45	0	.060	1.115	.01551	(0)	1,081	(0)	(601)
squab, EP.....	1,240	84.37	100.25	0	.049	.910	.01266	(0)	882	(0)	(490)
quail, AP.....	653	101.15	27.67	0	.059	1.090	.01517	(0)	1,057	(0)	(588)
quail, EP.....	730	113.40	30.84	0	.066	1.222	.01701	(0)	1,185	(0)	(659)
opossum, AP.....	960	29.03	93.90	0	.017	.313	.00435	(0)	(303)	(0)	(169)
opossum, EP.....	1,920	57.61	187.79	0	.033	.621	.00864	(0)	(602)	(0)	(335)
K. Rabbit (squirrel, woodchuck) live											
weight (heart, liver, and kidneys											
included with edible).....	350	45.36	18.60	0	.026	.489	.00680	(0)	474	(0)	(264)
K. live weight (heart, liver, and											
kidneys included with refuse).....	320	41.73	16.78	0	.024	.450	.00626	(0)	436	(0)	(242)

1. The first part of the paper discusses the importance of maintaining accurate records of all transactions. It emphasizes that this is essential for the proper management of the company's finances and for ensuring that all parties involved are kept up-to-date on the current status of the business.

2. The second part of the paper outlines the various methods that can be used to collect and analyze data. It discusses the advantages and disadvantages of each method and provides a detailed explanation of how to choose the most appropriate method for a given situation. It also includes a list of the various types of data that can be collected and a description of how to interpret the results.

3. The third part of the paper describes the various techniques that can be used to analyze the data. It discusses the advantages and disadvantages of each technique and provides a detailed explanation of how to choose the most appropriate technique for a given situation. It also includes a list of the various types of data that can be analyzed and a description of how to interpret the results.

4. The fourth part of the paper discusses the various methods that can be used to present the results of the analysis. It discusses the advantages and disadvantages of each method and provides a detailed explanation of how to choose the most appropriate method for a given situation. It also includes a list of the various types of data that can be presented and a description of how to interpret the results.

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein Grams	Fat Grams	Carbo- hydrates Grams	Calcium Grams	Phos- phorus Grams	Iron Grams	Vitamin A Sherman units	Vitamin B Sherman units	Vitamin C Sherman units	Vitamin G Sherman units
K. Rabbit (squirrel, woodchuck): dressed carcass (heart, liver, kidneys included with edible).....	580	75.30	30.84	0	0.044	0.812	0.01130	(0)	787	(0)	(437)
K. dressed carcass (without heart, liver, kidneys).....	570	74.39	30.39	0	.043	.802	.01116	(0)	777	(0)	(432)
K. rabbit, EP.....	725	94.35	38.56	0	.055	1.017	.01415	(0)	986	(0)	(548)
FISH AND OTHER SEA FOOD											
V. Fish, not specified, AP.....	245	40.82	9.07	0	.044	.469	.00220*	(54)	(48)	(0)	(91)
W. Fish, not specified, EP.....	620	87.32	29.94	0	.096	1.004	.00478	(136)	(120)	(0)	(227)
V. Fish, whole, AP... ..	426	71.04	15.78	0	.077	.816	.00390*	(9)	(42)	(0)	(148)
V. Fish, dressed -- entrails removed.....	279	46.54	10.34	0	.051	.534	.00260*	(14)	(64)	(0)	(227)
V. Fish, fillet.....	489	81.62	18.13	0	.088	.937	.00450*	(136)	(112)	(0)	(227)
Fish, fresh: bass, AP.....	249	39.92	9.98	0	.044	.458	.00220	(12)	(52)	(0)	(102)
bass, EP.....	452	84.38	12.70	0	.092	.969	.00464	(26)	(116)	(0)	(227)
bluefish, AP.....	206	45.36	2.72	0	.049	.521	.00249	(14)	(62)	(0)	(116)
bluefish, EP.....	401	87.99	5.44	0	.096	1.010	.00484	(27)	(121)	(0)	(227)
butterfish, AP.....	444	46.74	28.58	0	.051	.537	.00257	(76)	(63)	(0)	(127)
butterfish, EP.....	776	81.64	49.90	0	.089	.937	.00449	(136)	(112)	(0)	(227)
carp, EP.....	386	86.18	4.54	0	.094	.989	.00474	(26)	(119)	(0)	(227)
catfish, AP.....	888	52.62	75.30	0	.057	.604	.00289	(110)	(73)	(0)	(184)
catfish, EP.....	1,102	65.32	93.44	0	.071	.750	.00359	(136)	(90)	(0)	(227)
cod, AP.....	210	50.35	.91	0	.055	.578	.00277	(15)	(67)	(0)	(148)
cod, EP.....	318	74.84	1.81	0	.082	.859	.00412	23	(103)	(0)	(227)
cod steak, EP.....	357	84.14	2.27	0	.093	.975	.00454	(26)	(116)	(0)	(227)
flounder, AP.....	128	29.03	1.36	0	.032	.333	.00160	(8)	(36)	(0)	(93)
flounder, EP.....	281	64.41	2.72	0	.070	.739	.00354	(20)	(89)	(0)	(227)
haddock, AP.....	161	38.10	.91	0	.042	.437	.00201	(12)	(52)	(0)	(111)
haddock, EP.....	324	78.02	1.36	0	.085	.896	.00429	(24)	(107)	(0)	(227)
halibut, AP.....	457	69.40	19.96	0	(.076)	(.797)	(.00382)	(103)	(88)	(0)	(173)
halibut, EP (steak).....	550	84.36	23.58	0	.092	.971	.00454	(136)	(116)	(0)	(227)
herring, AP.....	362	50.80	17.69	0	.055	.583	.00279	(69)	(62)	(0)	(116)
herring, EP.....	644	88.45	32.20	0	.096	1.015	.00486	(136)	(122)	(0)	(227)
mackerel, AP.....	357	46.27	19.05	0	.050	.531	.00254	(63)	(54)	(0)	(104)
mackerel, EP.....	629	84.82	32.20	0	.092	.974	.00467	(136)	(117)	(0)	(227)
perch, yellow, AP.....	261	58.06	3.18	0	.063	.667	.00319	(10)	(43)	(0)	(84)
perch, yellow, EP.....	372	84.82	3.63	0	.092	.974	.00467	(26)	(117)	(0)	(227)
pickerel, pike, AP.....	206	48.54	1.36	0	.053	.557	.00267	(14)	(62)	(0)	(120)
pickerel, pike, EP.....	358	84.82	2.27	0	.092	.974	.00467	(26)	(117)	(0)	(227)
porgy, whole, AP.....	220	33.57	9.52	0	.037	.385	.00185	(54)	(46)	(0)	(91)
porgy, EP.....	546	84.36	23.13	0	.092	.962	.00464	(136)	(116)	(0)	(227)
salmon, AP.....	641	69.40	40.37	0	(.076)	(.797)	(.00382)	(561)	(122)	(0)	(202)
salmon, EP.....	922	99.80	58.06	0	.109	1.148	.00544	(630)	(137)	(0)	(227)

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Fish, fresh: shad, AP.....	367	42.64	21.77	0	0.046	0.490	0.00235	(68)	(59)	(0)	(114)
shad, EP.....	728	85.12	43.04	0	.093	.977	.00468	(136)	(117)	(0)	(227)
shad roe, EP.....	581	94.72	17.12		.103	1.087	.00521	13,608	635	-	-
smelts, AP.....	224	45.83	4.53	11.79	(.050)	(.526)	(.00252)	(14)	(64)	(0)	(132)
smelts, EP.....	393	79.63	8.16	0	.086	.916	.00454	(24)	(110)	(0)	(227)
sturgeon, AP.....	339	68.50	7.26	0	.075	.786	.00377	(21)	(96)	(0)	(193)
sturgeon, EP.....	406	82.10	8.62	0	.089	.943	.00452	(25)	(113)	(0)	(227)
terrapin, AP.....	131	23.57	4.08	0	.026	.271	.00130	(34)	(33)	(0)	(57)
terrapin, EP.....	528	96.16	15.88	0	.105	1.104	.00529	(136)	(132)	(0)	(227)
trout, AP.....	373	41.28	23.13	0	.045	.474	.00227	(64)	(52)	(0)	(107)
trout, EP.....	743	80.64	46.72	0	.088	.926	.00444	(136)	(111)	(0)	(227)
weakfish, AP.....	201	39.01	4.99	0	.043	.448	.00215	(12)	(53)	(0)	(109)
weakfish, EP.....	421	80.74	10.61	0	.088	.927	.00444	(25)	(111)	(0)	(227)
whitefish, AP.....	325	46.72	13.61	0	.051	.536	.00275	(63)	(66)	(0)	(106)
whitefish, EP.....	680	103.84	29.44	0	.113	1.192	.00571	(136)	(143)	(0)	(227)
Canned fish: salmon.....	889	98.87	54.88	0	.108	1.135	.00544	(630)	136	(0)	(454)
crabmeat.....	363	71.67	6.80	3.18	.078	.823	.00394	(110)	(0)	(0)	(227)
lobster.....	382	82.10	4.99	2.27	.089	.943	.00452	(110)	(0)	(0)	(227)
sardines.....	1,221	104.32	89.28	0	.159	1.665	.00817	(136)	(143)	(0)	(227)
shrimp.....	504	115.20	4.53	1.81	.435	-	-	(110)	(0)	(0)	(227)
tuna (in oil).....	1,261	115.21	88.91	0	.127	1.325	.00635	(136)	(158)	(0)	(227)
tuna (without oil).....	563	98.43	18.60	0	.112	1.129	.00544	(136)	(135)	(0)	(227)
Cured, salt, and dried fish:											
smoked haddock, EP.....	431	105.69	.91	0	.115	1.213	.00581	(32)	(145)	(0)	(227)
smoked halibut, AP.....	922	87.54	63.50	0	.095	1.005	.00481	(126)	(120)	(0)	(211)
smoked halibut, EP.....	988	93.89	68.04	0	.102	1.078	.00516	(136)	(129)	(0)	(227)
smoked herring, AP.....	731	92.98	39.95	0	.101	1.067	.00511	(76)	(129)	(0)	(127)
smoked herring, EP.....	1,315	167.37	71.67	0	.182	1.921	.00921	(136)	(230)	(0)	(227)
smoked salmon, EP.....	843	101.60	48.53	0	.111	1.166	.00559	(136)	(140)	(0)	(227)
salt cod, EP.....	473	115.20	1.36	0	.126	1.322	.00634	(35)	(158)	(0)	(227)
salt mackerel, AP (dressed).....	1,118	63.05	96.16	0	.069	.724	.00347	(109)	(86)	(0)	(182)
salt mackerel, EP.....	1,392	78.47	119.74	0	.086	.901	.00432	(136)	(108)	(0)	(227)
Shellfish: oysters, in shells.....	44	5.35	1.03	3.10	.045	.134	.00388	172	129	(4)	(42)
oysters, smucked, EP.....	229	28.14	5.44	16.30	.236	.703	.02041	907	680	(22)	(220)
clams, in shells, long.....	86	14.45	1.68	3.36	.208	.205	.00688	34	(33)	(6)	(81)
clams, smucked, long, EP.....	231	39.01	4.53	9.07	.562	.553	.01860	91	(90)	(15)	(220)
clams, smucked, round, EP.....	210	29.48	1.81	19.05	.481	.209	.01996	91	(90)	(15)	(220)
lobster, fresh, AP.....	139	26.76	3.18	.91	.029	.307	.00147	(41)	(0)	-	(84)
lobster, fresh, EP.....	378	74.38	8.16	1.81	.081	.854	.00409	(110)	(0)	-	(227)
shrimp, fresh, EP.....	407	87.54	1.81	7.71	(.435)	-	-	(110)	(0)	-	(227)

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
		Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Y. Other sea food:	Calories										
	1,220	104.33	89.36	-	0.621	0.798	-	(13,500)	(340)	-	(227)
	709	84.36	41.27	-	.092	.968	.00464	(3,000)	-	(0)	(227)
	289	70.30	.91	0	-	-	-	-	-	-	-
	277	39.46	4.99	18.60	.043	.453	.00217	(90)	(90)	(15)	(220)
	(580)	(94.72)	(17.12)	(11.79)	(.103)	(1.087)	(.00521)	13,608	635	-	-
	334	67.13	.45	15.42	.073	.771	.00369	(23)	-	(0)	(227)
	380	89.81	2.27	-	.098	1.031	.00494	(23)	-	(0)	(227)
VEGETABLES AND FRUITS											
Potatoes, white, AP.....	325	7.71	.45	72.58	.053	.221	.00347	152	152	57	95
Potatoes, white, EP.....	385	9.07	.45	86.64	.064	.263	.00413	181	181	68	113
Sweetpotatoes, yams, AP.....	490	6.80	2.72	109.32	.074	.176	.00300	19,505	273	58	137
Sweetpotatoes, yams, EP.....	565	8.16	3.18	126.55	.086	.204	.00349	22,680	318	68	159
Dried legumes and nuts:											
Z. navy beans.....	1,564	102.06	8.16	270.34	.726	2.137	.03597	(0)	(1,130)	(0)	-
kidney beans, dried.....	1,574	90.72	(8.16)	(284.50)	.599	2.155	.03266	(0)	1,134	(0)	-
pea beans, canned (baked beans).....	583	31.30*	11.34	88.90	.209	.676	.00950	(0)	(200)	(0)	-
Z. lima beans, dried.....	1,586	82.10	6.80	298.92	.322	1.533	.03910	(0)	(1,130)	(0)	-
K. soy beans, dried.....	1,985	166.47	82.56	143.79	.930	2.631	.03538	-	-	-	-
O. lentils, dried, EP.....	1,581	116.57	4.54	268.52	.485	1.987	.03901	(0)	(1,130)	(0)	-
peas, dried.....	1,612	111.52	4.54	281.40	.381	1.814	.02586	5,670	635	(0)	567
cowpeas, dried.....	1,545	96.62	6.35	276.24	.454	2.068	.03570	1,134	(635)	(0)	635
BB. peanuts, in shells.....	1,877	88.36	131.87	83.82	.243	1.366	.00685	(0)	2,225	(0)	685
K. peanuts, raw (Spanish) EP.....	2,825	102.97	226.80	92.99	-	-	-	-	-	-	-
K. peanuts, raw (Virginia) EP.....	2,680	114.76	198.22	109.32	-	-	-	-	-	-	-
K. peanuts (roasted) EP.....	2,810	108.41	217.73	103.87	-	-	-	-	-	-	-
peanuts (salted) EP.....	2,487	117.03	175.09	110.70	.322	1.810	.00907	(0)	2,948	(0)	907
L. peanut butter.....	2,741	132.90	210.90	77.56	.195	1.624	(.00907)	(0)	(2,900)	(0)	(900)
BB. pecans, in shells.....	1,788	23.13	171.90	37.19	.214	.806	.00625	487	244	(0)	-
F. pecans, shelled.....	3,370	48.54	328.41	54.89	.404	1.520	.01179	907	454	(0)	-
F. coconut meat, fresh.....	1,675	14.97	151.05	64.41	.109	.336	-	(0)	(220)	(0)	(220)
CC. coconut, shredded.....	3,028	28.58	260.35	142.88	.268	.703	.01211	(0)	(220)	(0)	(220)
BB. black walnuts, in shells.....	781	32.66	66.22	13.61	-	-	.00703	(0)	(117)	(0)	-
DD. black walnuts, shelled.....	3,010	106.14	255.38	72.12	-	-	.02713	(0)	(450)	(0)	-
BB. California walnuts, in shells.....	859	22.21	78.40	15.87	.108	.436	.00256	(0)	(122)	(0)	-
California walnuts, shelled.....	3,199	83.46	292.10	58.97	.404	1.624	.00953	(0)	(450)	(0)	-
K. California walnuts, soft shell.....	3,180	63.50	287.58	84.82	-	-	-	-	-	-	-
Other nuts, in shells:											
BB. almonds.....	1,614	52.16	136.96	43.09	.596	1.159	.00972	(0)	(248)	(0)	-
BB. brazil nuts.....	1,595	39.01	152.86	15.88	-	-	.00899	(0)	(168)	(0)	-
BB. butternuts.....	417	17.24	37.65	2.27	-	-	.00422	(0)	(63)	(0)	-
BB. chestnuts.....	920	23.58	20.41	160.57	.129	.354	.00266	(0)	(351)	(0)	-
BB. filberts (hazelnuts).....	1,526	34.04	141.98	28.12	.623	.766	.00890	(0)	(216)	(0)	-

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
F. Other nuts, shelled:											
almonds.....	2,935	78.93	249.03	94.80	1.084	2.109	0.01769	(0)	(450)	(0)	-
DD. brazil nuts.....	3,160	67.59	303.00	41.28	-	-	.01783	(0)	(335)	(0)	-
DD. butternuts.....	3,070	107.50	277.60	34.93	-	-	.03103	(0)	(450)	(0)	-
K. cashew nuts.....	2,670	83.01	209.11	113.40	-	-	-	(0)	(450)	(0)	-
O. chestnuts.....	1,098	28.12	24.29	190.96	.154	.422	.00318	(0)	418	(0)	-
O. chestnuts, dried.....	1,386	36.74	24.04	255.81	-	-	-	(0)	-	(0)	-
filberts (hazelnuts).....	3,185	59.88	296.20	69.85	1.302	1.606	.01860	(0)	(450)	(0)	-
DD. hickory nuts.....	3,240	59.42	305.73	62.14	-	-	.01080	(0)	(450)	(0)	-
K. lichi nuts.....	1,465	13.15	.91	351.54	-	-	-	-	-	-	-
K. pine nuts.....	2,760	167.83	221.36	24.04	-	-	-	(0)	(450)	(0)	-
Tomatoes; fresh, AP.....	100	4.54	1.36	17.69	.049	.116	.00196	6,668	156	133	53
fresh, EP.....	105	4.54	1.36	18.14	.050	.118	.00200	6,804	159	136	54
canned.....	(105)	(4.54)	(1.36)	(18.14)	(.050)	(.118)	(.00200)	(6,800)	(160)	(110)	(54)
tomato juice.....	(105)	(4.54)	(1.36)	(18.14)	(.050)	(.118)	(.00200)	(6,800)	(160)	(55)	(50)
tomato paste.....	453	6.77	32.28	33.53	.055	.131	.00204	6,657	136	116	47
B. Leafy, green, yellow vegetables:											
beet tops, EP.....	150	9.07	1.36	25.40	.428	.199	.01420	(90,720)	(270)	(363)	1,134
brussels sprouts, AP.....	200	15.42	1.81	30.84	.094	.419	.00409	1,048	175	192	(166)
brussels sprouts, EP.....	260	19.96	2.27	40.37	.122	.544	.00531	1,361	227	249	(227)
cabbage, AP.....	90	4.54	.45	17.69	.149	.096	.00142	83	166	182	166
cabbage, EP.....	130	6.35	.91	24.04	.204	.132	.00195	114	227	249	227
chard, leaves.....	150	11.79	1.81	21.77	.676	.181	.01127	-	-	-	-
chard, leaves and stalks.....	115	6.35	.91	19.96	.680	.181	.01402	78,019	(270)	(67)	(400)
collards, AP.....	100	8.16	1.36	14.06	(.412)	(.151)	.00339	9,185	122	204	204
collards, EP.....	225	17.69	2.72	32.66	.916	.336	.00753	20,412	272	454	454
dandelion greens.....	235	12.25	3.18	39.92	.295	.254	.01374	113,400	(270)	(363)	(567)
endive, AP (chicory).....	55	3.63	.45	9.53	.245	.090	.00290	-	(117)	47	(0)
endive, EP.....	110	7.26	.91	18.14	.472	.172	.00558	-	(225)	91	(0)
escarole (curly endive), AP.....	(55)	(3.63)	(.45)	(9.53)	(.063)	(.069)	(.00361)	47,174	(140)	23	224
escarole, EP.....	(110)	(7.26)	(.91)	(18.14)	.122	.132	.00694	90,720	(272)	45	431
kale, AP.....	160	12.25	1.81	23.13	.673	.190	.00806	95,256	159	(254)	635
kale, EP.....	225	17.69	2.72	32.66	.962	.272	.01152	136,080	227	(363)	907
lambquarters, EP.....	250	17.24	3.18	37.65	-	-	-	63,504	(270)	(363)	(567)
lettuce, AP.....	55	3.63	.45	9.53	.135	.131	.00138	391	110	25	78
lettuce, EP.....	85	5.44	.91	13.15	.195	.191	.00200	567	159	36	113
mustard greens, AP.....	90	7.71	.91	13.15	.729	.218	.00950	(66,225)	(197)	(331)	(315)
mustard greens, EP.....	125	10.43	1.36	18.14	.998	.299	.01302	(90,720)	(270)	(454)	(431)
parsley.....	270	16.78	4.54	40.82	-	-	.01433	340,200	(270)	680	(567)
sauerkraut, fresh or canned.....	122	7.71	2.27	17.24	(.236)	(.118)	(.00213)	(0)	(110)	(70)	(113)
spinach, fresh, AP.....	90	8.62	.91	11.79	.249	.253	.00949	92,988	223	298	465
spinach, fresh, EP, and canned.....	110	10.43	1.36	14.52	.304	.308	.01157	113,400	272	363	567

O.

H.

B.

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Leafy, green, yellow vegetables: tur- nip greens, AP.....	140	10.89	1.36	20.87	1.322	0.187	0.01326	76,205	228	381	1,143
turnip greens, EP.....	165	13.15	1.81	24.49	1.397	.249	.01579	90,720	272	454	1,361
watercress, EP.....	105	7.71	1.36	14.97	.848	.023	.01343	(113,400)	272	454	454
artichoke, French or globe, AP.....	135	6.35	.91	25.86	.089	.218	.00207	610	(65)	39	(161)
artichoke, French or globe, EP.....	285	13.15	1.81	53.98	.186	.454	.00431	1,270	(135)	82	(335)
asparagus, fresh, AP.....	90	7.26	.91	13.15	.085	.133	.00326	2,381	(101)	136	(251)
asparagus, fresh, EP.....	120	9.98	.91	17.69	.113	.177	.00435	3,175	(135)	181	(335)
asparagus, canned.....	82	6.80	.45	12.70	.073	.115	.00283	2,064	66	47	218
beans, lima, fresh, in shell.....	235	13.61	1.36	42.64	.051	.241	.00436	(144)	(60)	(60)	(50)
beans, lima, fresh, shelled.....	595	34.02	3.63	106.60	.127	.603	.01089	(360)	(150)	(150)	(125)
beans, lima, canned.....	350	18.14	1.36	66.21	.083	.392	.00708	(234)	(73)	(39)	(81)
beans, snap (green or wax) fresh, AP.	170	9.98	.91	31.30	.188	.212	.00401	4,082	163	102	102
beans, snap (green or wax) fresh, EP.	190	10.89	.91	34.93	.209	.236	.00445	4,536	181	113	113
beans, snap (green or wax) canned...	93	4.98	.45	17.23	.136	.153	.00289	2,948	89	29	73
broccoli, AP.....	75	7.26	.45	11.34	.293	.142	.00329	45,360	148	(67)	794
broccoli, EP.....	170	14.97	.91	24.95	.553	.268	.00621	45,360	148	(67)	794
cowpeas, AP.....	185	13.61	.45	31.75	-	-	.00351	-	-	-	-
cowpeas, EP.....	605	42.64	2.72	102.97	(.145)	(.771)	.01152	(900)	(225)	(150)	(160)
okra, AP.....	155	7.26	.91	29.48	.283	.076	.00252	2,395	(198)	(99)	(99)
okra, EP.....	175	8.16	.91	33.57	.322	.086	.00286	2,722	(225)	(113)	(113)
peas, fresh, in shells.....	210	13.61	.91	36.29	.057	.259	.00423	2,268	114	90	(56)
peas, fresh, shelled.....	460	30.39	1.81	80.29	.127	.576	.00939	4,536	227	181	(125)
peas, fresh, canned.....	251	16.32	.91	44.45	.083	.374	.00610	2,948	111	47	81
peppers, green, AP.....	115	4.54	.91	21.77	.023	.099	.00152	3,620	45	762	(95)
peppers, green, EP.....	135	5.44	.91	25.86	.027	.118	.00181	4,309	54	907	(113)
peppers, red, AP.....	160	4.54	2.72	29.48	(.023)	(.099)	(.00152)	19,958	(43)	907	(90)
peppers, red, EP.....	200	5.90	3.18	36.74	(.027)	(.118)	(.00181)	24,948	(54)	1,134	(113)
peppers, canned, pimiento.....	(120)	(3.54)	(1.91)	(22.04)	(.016)	(.071)	(.00109)	14,970	(24)	272	(68)
carrots, AP.....	125	3.63	.91	26.31	.160	.131	.00183	12,145	143	20	143
carrots, EP.....	205	5.44	1.36	42.18	.254	.209	.00290	19,278	227	32	227
carrots, canned.....	123	3.26	.82	25.31	.152	.125	.00174	11,570	100	10	135
pumpkin, fresh, AP.....	110	3.63	.45	23.13	.072	.185	.00291	(6,210)	(93)	31	(78)
pumpkin, fresh, EP.....	160	5.44	.91	33.11	.104	.268	.00422	(9,000)	(135)	45	(113)
winter squash, AP.....	145	4.99	.91	29.48	.064	-	.00184	(6,660)	(100)	(33)	(84)
winter squash, EP.....	200	6.80	1.36	39.92	.086	.127	.00249	(9,000)	(135)	(45)	(113)
Other vegetables:											
artichoke, Jerusalem, EP.....	350	9.98	.45	77.11	-	-	-	-	249	-	-
beets, fresh, AP.....	155	5.44	.45	32.66	.099	.133	.00290	0	(68)	34	170
beets, fresh, EP.....	205	7.26	.45	43.55	.132	.177	.00386	0	(90)	45	227
beets, canned.....	133	4.72	.29	28.31	.086	.115	.00251	0	(44)	12	148

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Other vegetables: cauliflower, AP....	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
	65	4.99	.45	9.53	0.251	0.125	0.00192	102	(61)	112	122
cauliflower, EP.....	140	10.89	.91	22.23	.558	.277	.00426	227	(135)	249	272
celery, AP.....	65	3.63	.45	10.89	.223	.106	.00177	43	(85)	28	(35)
celery, EP.....	100	5.90	.91	16.78	.354	.168	.00281	68	(135)	45	(55)
corn on ear, AP.....	185	6.35	2.27	34.93	.010	.178	.00081	(0)	(34)	29	(21)
corn, fresh, EP.....	490	16.78	5.44	92.99	.027	.467	.00213	(0)	(90)	77	(55)
corn, canned.....	445	12.70	5.44	86.19	.018	.304	.00138	(0)	(70)	50	(55)
corn, dried, EP.....	2,205	75.51	24.48	418.46	.122	2.102	.00959	(0)	590	(0)	(100)
cucumber, AP.....	45	2.27	.45	8.16	.051	.105	.00105	79	(77)	79	(55)
cucumber, EP.....	65	3.18	.45	12.25	.073	.150	.00150	113	(110)	113	(78)
eggplant, AP.....	115	4.54	.91	21.32	.043	.134	.00185	197	(96)	28	(87)
eggplant, EP.....	130	4.99	.91	24.95	.050	.154	.00213	227	(110)	32	(100)
garlic, AP.....	415	18.14	.91	83.46	.207	.179	-	-	-	-	-
garlic, EP.....	450	19.96	.91	90.72	.225	.195	-	-	-	-	-
horseradish, AP.....	330	10.43	.45	71.22	.318	.252	-	(0)	(82)	662	(82)
horseradish, EP.....	455	14.52	.91	97.07	.435	.345	-	(0)	(113)	907	(113)
kohlrabi, AP.....	85	4.99	.45	15.88	.189	.174	.00150	(0)	61	269	(49)
kohlrabi, EP.....	165	9.53	.45	30.39	.349	.322	.00277	(0)	113	499	(90)
leeks, AP.....	105	5.90	.91	18.60	.137	.014	.00151	(7,800)	129	59	(156)
leeks, EP.....	205	11.34	1.81	35.83	.263	.027	.00290	(15,000)	249	113	(300)
mushrooms, AP.....	(12)	-	1.36	-	.070	.446	.00289	(0)	(46)	(0)	(18)
mushrooms, EP, canned.....	(12)	-	1.36	-	.077	.490	.00318	(0)	(50)	(0)	(20)
onions, green, AP.....	90	1.81	.45	19.50	(.145)	(.192)	(.00205)	(0)	(28)	(37)	(41)
onions, green, EP.....	220	4.54	.91	48.08	(.154)	(.204)	(.00218)	(0)	(68)	(90)	(100)
onions, mature, AP.....	210	5.90	.91	44.45	.145	.192	.00205	(0)	42	64	42
onions, mature, EP.....	220	6.35	.91	46.72	.154	.204	.00218	(0)	45	68	45
parsnips, AP.....	295	5.44	1.81	64.41	.209	.269	.00272	(70)	265	(25)	(88)
parsnips, EP.....	380	6.80	2.27	82.56	.268	.345	.00349	(90)	340	(32)	(113)
radishes, AP.....	50	2.72	-	9.07	.047	.064	.00184	(0)	55	111	(44)
radishes, EP.....	100	5.44	.45	19.05	.095	.132	.00376	(0)	113	227	(90)
rutabagas, AP.....	160	4.08	.45	34.47	.285	.216	.00139	(115)	(191)	154	(77)
rutabagas, EP.....	185	4.99	.45	40.37	.336	.254	.00163	(135)	(225)	181	(90)
salsify, AP.....	295	12.25	3.63	53.07	-	.245	.00552	(0)	(86)	(24)	(86)
salsify, EP.....	385	15.88	4.54	70.31	-	.322	.00726	(0)	(113)	(32)	(113)
squash, summer, AP.....	80	2.72	.45	16.78	.106	-	.00154	(0)	(107)	(44)	(76)
squash, summer, EP.....	85	2.72	.45	17.69	.082	.073	.00159	(0)	(110)	(45)	(78)
turnips, white or yellow, AP.....	135	4.54	.91	27.67	.253	.182	.00205	(0)	118	157	79
turnips, white or yellow, EP.....	155	4.99	.91	32.21	.290	.209	.00236	(0)	136	181	91
Citrus fruits:											
grapefruit, fresh, AP.....	130	1.36	.45	30.39	.063	.060	.00081	0	60	156	119
grapefruit, fresh, EP.....	200	2.27	.91	45.81	.095	.091	.00122	0	91	236	181
grapefruit, canned.....	290	1.48	.59	69.70	.062	.059	.00079	0	44	122	118

JJ.

KK.

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
Citrus fruits: grapefruit juice.....	190	1.81	0.45	44.45	(.095)	(.091)	(.00122)	0	68	295	181
oranges, AP.....	165	2.72	.45	37.20	.147	.068	.00170	(219)	(196)	(212)	(114)
oranges, EP.....	230	4.08	.91	50.80	.204	.095	.00236	(304)	(272)	(295)	(159)
orange juice.....	195	4.08	1.36	41.73	.132	.073	.00109	304	272	295	159
lemons, AP.....	120	2.72	1.81	24.04	.101	.062	.00169	(0)	(93)	(183)	(105)
lemons, EP.....	200	4.08	2.72	39.46	.163	.100	.00272	(0)	(150)	(295)	(170)
tangerines, AP.....	160	2.72	.91	34.93	(.147)	(.068)	(.00170)	(213)	(192)	161	(114)
tangerines, EP.....	225	3.63	1.36	49.44	(.204)	(.095)	(.00236)	(300)	(270)	227	(160)
Other fresh and canned fruits:											
apples, AP.....	260	1.36	1.81	58.97	.023	.048	.00143	319	99	99	80
apples, EP.....	290	1.36	1.81	67.59	.032	.054	.00163	363	113	113	91
apples, canned.....	349	.88	1.18	83.85	.021	.035	.00106	236	55	29	59
apricots, AP.....	240	4.08	.45	54.89	.060	.107	.00260	23,024	(140)	25	-
apricots, EP.....	255	4.54	.45	58.51	.064	.113	.00277	24,494	(150)	27	-
apricots, canned.....	326	2.95	.29	77.95	.042	.073	.00180	15,920	(90)	10	-
bananas, AP.....	300	3.63	.45	69.85	.027	.094	.00194	835	91	55	107
bananas, EP.....	445	5.44	.91	104.33	.041	.141	.00290	1,247	136	82	159
Berries: blackberries, EP.....	285	5.44	4.99	53.98	.077	.154	.00413	907	(90)	27	-
blackberries, canned.....	317	2.99	2.74	69.61	.042	.085	.00227	500	(37)	12	-
blueberries, EP.....	310	2.72	2.72	68.49	.091	.036	.00363	113	(30)	27	-
blueberries, canned.....	362	1.77	1.77	84.44	.059	.023	.00236	73	(15)	7	-
cranberries, fresh, EP.....	240	1.81	3.18	51.26	.082	.059	.00200	91	0	113	0
cranberry sauce.....	1,067	-	1.18	263.98	(.041)	(.030)	(.00100)	(45)	0	(45)	0
gooseberries, EP.....	215	3.63	1.81	45.81	-	-	.00218	(180)	(30)	227	-
gooseberries, canned.....	300	2.36	1.18	69.70	-	-	.00142	(117)	(15)	118	-
huckleberries, EP.....	337	2.72	2.72	75.30	.091	.036	.00408	(113)	(30)	(27)	-
raspberries, black, EP.....	375	6.80	7.26	70.76	.222	.236	.00399	(450)	(50)	159	-
raspberries, canned.....	366	3.74	3.99	78.84	.122	.130	.00219	(202)	(17)	58	-
strawberries, AP.....	175	3.63	2.72	34.93	.178	.122	.00296	(86)	(48)	218	-
strawberries, EP.....	185	3.63	2.72	36.74	.186	.127	.00308	(90)	(50)	227	-
strawberries, canned.....	262	2.00	1.50	60.13	.102	.070	.00169	(90)	(40)	180	-
cantaloupe, AP.....	60	1.36	.45	12.25	.036	.032	.00083	906	43	75	(53)
cantaloupe, EP.....	180	2.72	-	42.18	.077	.068	.00177	1,928	91	159	(113)
cherries, AP.....	290	4.54	2.27	63.50	.081	.132	.00175	2,665	86	86	-
cherries, EP.....	310	4.99	2.27	67.13	.086	.141	.00186	2,835	91	91	-
cherries, canned.....	362	3.24	1.48	83.55	.056	.092	.00121	1,843	44	47	-
figs, fresh, EP.....	395	6.35	1.81	88.91	.240	.163	-	181	159	18	227
figs, canned.....	397	3.81	1.09	93.27	.144	.098	-	109	71	4	136
fruit mixture (salad, fruit cup, etc.)...	(333)	(1.92)	(.59)	(80.02)	(.063)	(.076)	(.00120)	(4,840)	(110)	(35)	(100)
grapes, AP.....	270	4.99	4.99	52.16	.067	.110	.00258	88	71	11	0
grapes, EP.....	355	6.35	6.35	67.59	.086	.141	.00331	113	91	14	0
grapes, canned.....	391	4.13	4.13	83.85	.056	.092	.00215	73	44	0	0
grape juice.....	345	1.81	-	83.92	.050	.050	.00136	0	0	0	0

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Other fresh & canned fruits: peaches, fresh, AP..... peaches, fresh, EP..... peaches, canned..... pears, AP..... pears, EP..... pears, canned..... pineapple, AP..... pineapple, EP..... pineapple, canned..... pineapple juice, canned (unsweetened).....	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
	205	1.81	0.45	48.08	0.064	0.096	0.00132	3,992	(132)	48	(80)
	230	2.27	.45	54.43	.073	.109	.00150	4,536	(150)	54	(91)
	310	1.48	.29	75.30	.047	.071	.00098	2,950	(90)	(25)	(59)
	265	2.72	1.36	59.88	.056	.098	.00120	45	132	27	282
	315	3.18	1.81	71.67	.068	.118	.00145	54	159	32	340
	365	2.07	1.18	86.51	.044	.077	.00094	35	77	8	221
	160	.91	.45	38.10	.050	.077	.00102	221	138	69	69
	265	1.81	.91	62.14	.182	.127	.00168	363	227	113	113
	332	1.18	.59	80.31	.118	.083	.00109	(450)	(180)	(90)	(113)
K. plums, AP..... plums, EP..... plums, canned..... prunes, fresh, AP..... prunes, fresh, EP..... rhubarb, AP..... rhubarb, EP..... watermelon, AP..... watermelon, EP..... muskmelon, AP.....	250	1.36	.45	59.88	.073	.023	.00227	-	-	-	-
	220	2.72	.91	49.90	.077	.123	.00216	(153)	(77)	38	-
	255	3.18	.91	58.51	.091	.145	.00254	(180)	(90)	45	-
	300	1.75	.50	72.10	.050	.080	.00140	(99)	(37)	16	-
	395	3.63	.91	92.99	-	-	-	8,528	(212)	34	-
	420	4.08	.91	98.88	-	-	-	9,072	(225)	36	-
	55	1.36	.45	11.79	.136	.096	.00173	(30)	(10)	(200)	-
	80	2.27	.45	17.24	.200	.141	.00254	(45)	(15)	(295)	-
	65	.91	.45	14.52	.023	.006	.00048	188	35	29	29
	140	2.27	.91	31.30	.050	.014	.00104	408	77	64	64
NN. Dried fruits: apples..... Z. apricots..... NN. citron..... Z. currants..... Z. dates, EP..... Z. figs..... OO. peaches..... HH. pears..... PP. prunes, AP..... Z. prunes, EP..... Z. raisins, EP.....	(60)	(1.28)	(.43)	(12.36)	(.036)	(.032)	(.00083)	(906)	(43)	(75)	(53)
	125	2.72	.91	26.31	.077	.068	.00177	(1,928)	(91)	(159)	(113)
	365	4.54	26.76	26.76	.255	.169	.00197	1,678	-	61	184
	480	5.90	34.93	35.38	.335	.222	.00259	2,268	-	82	249
	275	7.26	1.81	57.61	.118	.172	.00286	(90)	(68)	(150)	-
	1,318	7.25	9.93	299.83	(.145)	(.218)	(.00680)	(370)	-	(0)	(110)
	1,261	21.32	4.54	283.50	.299	.531	.03452	31,752	-	91	-
	1,487	2.27	6.80	354.30	.550	.149	.01472	-	-	(113)	-
	1,459	10.89	7.71	336.58	.372	.885	.01805	(100)	(0)	(72)	-
	1,575	9.53	12.70	355.60	.295	.254	.01615	635	181	0	0
SUGARS Sugar: refined cane or beet..... E. brown..... E. maple..... lactose (milk sugar)..... B. fruit, jams, conserves, etc.....	1,437	19.50	1.36	336.50	.735	.526	.01302	163	150	0	181
	1,035	10.22	2.03	244.94	.154	.662	.02980	20,412	-	227	-
	1,418	14.31	8.15	322.52	.306	.531	.00653	(0)	(615)	(0)	(760)
	1,161	8.16	0	282.10	.208	.404	.01097	9,639	(338)	62	1,002
	1,368	9.53	0	332.48	.245	.476	.01293	11,340	(360)	73	1,179
	1,563	11.79	14.97	345.19	.290	.599	.02581	318	0	0	(0)
	1,814	0	0	453.60*	0	0	0	(0)	(0)	(0)	(0)
	1,724	0	0	430.92	.345	.168	0	(0)	(0)	(0)	(0)
	1,502	0	0	375.58	.676	.055	.01800	(0)	(0)	(0)	(0)
	1,814	0	0	453.60	(0)	(0)	(0)	(0)	(0)	(0)	(0)
B. fruit, jams, conserves, etc.....	1,000	1.82	1.36	245.17	.093	.064	.00154	45	25	114	-

NUTRITIVE VALUES OF ONE POUND OF FOOD MATERIALS

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
QQ. Sugar: apple butter.....	725	0.97	1.29	177.88	0.023	0.039	0.00116	(0)	(0)	(0)	(0)
H. jelly: cherry.....	1,420	4.99	0	350.18	.064	.036	.00136	(0)	(0)	(0)	(0)
RR. currant; not specified.....	1,175	1.00*	0	292.80	.064	.036	.00136	(0)	(0)	(0)	(0)
RR. quince.....	1,180	.90	0	294.00	.064	.036	.00136	(0)	(0)	(0)	(0)
honey.....	1,480	1.81	0	368.30	.018	.086	.00318	0	0	0	0
molasses, cane.....	1,301	10.88	0	314.40	.957	.200	.03311	(0)	0	(0)	(0)
K. sirup: cane.....	1,341	1.81	0	333.40	.245	.136	.02177	(0)	(0)	(0)	(0)
K. sorghum.....	1,216	0	0	303.91	.658	.073	.06804	(0)	(0)	(0)	(0)
E. corn (Karo).....	1,542	0	0	385.56	.231	.050	0	(0)	(0)	(0)	(0)
E. maple.....	1,295	0	0	323.88	.485	.059	.01361	(0)	(0)	(0)	(0)
candy: hard.....	1,814	0	0	453.60*	0	0	0	(0)	(0)	(0)	(0)
chocolate fudge.....	1,778	22.22	80.99	240.00	-	-	-	(0)	(0)	(0)	(0)
chocolate cream mints.....	1,750	-	-	-	-	-	-	(0)	(0)	(0)	(0)
RR. milk chocolate (sweet).....	2,286	40.00	147.30	200.00	-	-	-	(0)	(0)	(0)	(0)
marshmallows.....	1,600	-	-	-	-	-	-	(0)	(0)	(0)	(0)
peanut brittle.....	2,000	30.00	44.44	370.00	-	-	-	(0)	(0)	(0)	(0)
MISCELLANEOUS PRODUCTS											
Anchovies, cured, pickled.....	1,066	70.76	83.01	9.07	-	-	-	-	-	-	-
Cucumber pickles.....	70	2.27	1.36	12.25	-	-	-	-	-	-	-
SS. Olives: green, AP.....	523	5.07	48.87	15.56	.442	.051	.01050	1,016	-	-	-
F. green, EP.....	655	6.35	61.24	19.50	.553	.064	.01315	1,270	-	-	-
K. ripe, AP.....	771	6.16	76.55	14.23	-	-	-	386	-	-	-
K. ripe, EP.....	909	7.26	90.27	16.78	-	-	-	454	-	-	-
Potato chips.....	2,596	30.85	180.50	211.80	-	-	-	-	-	-	-
Tomato' soup, canned.....	227	6.36	3.05	43.43	-	-	-	-	-	-	-
Proprietary foods: dextrimaltose.....	1,687	0	0	421.85	-	-	-	-	-	-	-
TT. ovaltine.....	1,853	60.96	27.58	340.34	-	-	-	-	-	-	-
malted milk.....	1,775	62.20	13.82	350.96	-	-	-	-	-	-	-
Chocolate.....	2,772	58.51	220.90	137.40	.417	2.064	.01225	-	-	-	-
Cocoa.....	2,256	97.98	131.10	171.00	.508	3.216	.01225	-	-	-	-
Jello.....	1,755	48.48	0	390.26	-	-	-	(0)	(0)	(0)	(0)
Yeast.....	610	53.04	1.81	95.25	-	-	-	(2,250)	(0)	(0)	(4,500)
K. Beer.....	174	-	-	-	-	-	-	(0)	(0)	(0)	(0)
K. Wine, French, red.....	293	.54	0	6.99	-	-	-	(0)	(0)	(0)	(0)
K. Wine, French, white.....	352	.54	0	11.20	-	-	-	(0)	(0)	(0)	(0)
K. Wine, Italian.....	315	.54	0	7.12	-	-	-	(0)	(0)	(0)	(0)

COOKED FOODS -- NUTRITIVE VALUES PER POUND
(Figures calculated from data on values of uncooked ingredients)

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
<u>GRAIN PRODUCTS</u>											
B. Bismquick.....	1,833	46.08	46.26	308.17	0.082	0.377	0.00413	2	20	0	0
B. Cinnamon buns.....	1,598	21.82	72.36	215.17	.166	.312	.00305	2,539	51	1	116
B. Muffins, bran.....	895	29.53	14.38	162.17	.524	.846	.01222	720	135	5	200
B. Mufflite.....	1,679	43.92	38.16	290.08	.099	.411	.00467	1,287	38	0	44
UU. Sandwiches: plain bread and butter....	1,788	40.16	95.78	190.54	.273	.701	.00619	2,454	593	0	264
UU. apple, chopped.....	1,024	26.08	34.82	151.46	.184	.469	.00462	972	430	49	209
UU. cabbage, chopped.....	1,085	31.61	39.63	149.88	.266	.560	.00519	981	516	83	272
UU. carrot, chopped.....	1,216	30.43	54.50	150.42	.274	.568	.00534	7,513	499	10	263
UU. celery, chopped.....	943	28.03	34.43	129.68	.322	.517	.00513	846	439	19	194
UU. lettuce, chopped.....	1,222	31.43	56.49	146.27	.258	.577	.00518	1,576	490	11	231
UU. watercress, chopped.....	1,340	38.73	50.28	182.54	.386	.659	.00791	19,307	604	73	323
UU. Toast, buttered.....	2,152	50.97	108.41	242.55	.345	.890	.00786	2,747	755	0	337
B. Pie: apple; not specified.....	1,048	9.01	46.57	149.42	.037	.100	.00152	824	73	71	57
B. cherry.....	1,189	10.47	45.36	184.52	.046	.082	.00098	1,764	46	47	0
B. chocolate.....	1,011	21.14	36.15	150.14	.323	.406	.00246	816	69	5	187
B. cream.....	885	20.75	30.87	131.06	.341	.362	.00219	904	77	5	207
B. custard.....	772	24.42	41.37	75.57	.382	.421	.00273	1,172	92	5	248
B. mince.....	1,841	25.25	109.77	188.18	.102	.296	.00415	1,347	34	17	44
B. pumpkin.....	540	15.91	22.15	69.21	.353	.415	.00326	1,175	70	15	185
Q. Pie crust.....	2,284	34.26	147.20	205.56	-	-	-	-	-	(0)	(0)
B. Flako.....	2,456	30.73	169.29	202.23	.068	.265	.00287	2,169	13	0	0
B. Cake: Boston cream pie.....	1,112	22.77	33.01	181.15	.276	.349	.00295	1,383	68	4	171
B. cheese.....	987	50.79	42.78	85.03	.390	.655	.00559	1,879	73	29	253
B. egg (one).....	1,597	29.40	59.51	236.28	.218	.359	.00333	1,988	55	2	123
B. fruit cake.....	1,337	18.10	9.24	294.58	.312	.458	.01481	230	103	1	86
B. sponge.....	1,259	23.27	10.77	267.43	.105	.303	.00347	871	52	1	108
B. dry mixture (dark).....	1,664	22.50	53.01	274.50	.345	.432	.01277	1,779	27	14	49
B. Crullers; doughnuts.....	1,707	28.42	74.38	231.02	.154	.311	.00319	510	43	2	88
B. Cookies: ginger snaps.....	1,793	29.08	58.32	287.91	.414	.281	.01502	0	11	0	0
B. molasses.....	1,789	23.31	75.08	255.03	.480	.256	.01619	35	12	1	12
B. oatmeal.....	1,460	40.15	38.48	238.49	.243	.655	.00887	358	313	0	151
B. sugar.....	1,724	24.80	65.42	258.99	.107	.253	.00278	1,979	30	1	52
B. fig bars.....	1,637	19.23	33.19	315.82	.311	.311	.00595	1,047	68	1	89
B. cream puffs.....	897	22.28	44.76	101.24	.252	.386	.00342	1,966	77	3	187

COOKED FOODS --- NUTRITIVE VALUES PER POUND

(Figures calculated from data on values of uncooked ingredients)

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
								Sherman units	Sherman units	Sherman units	Sherman units
B. Gingerbread.....	1,195	21.88	16.68	240.54	0.407	0.224	0.01453	418	8	0	0
B. Gingerbread mixture (dry).....	1,624	26.97	37.27	295.03	.506	.280	.01793	1,026	10	0	0
UU. Brown betty; apple.....	621	6.22	14.51	116.70	.082	.181	.00276	644	187	93	116
UU. peach.....	585	8.20	13.99	106.97	.128	.213	.00221	4,067	217	45	116
UU. prune.....	1,225	12.51	21.16	246.30	.199	.432	.00802	5,565	312	32	588
UU. Chocolate pudding.....	594	19.23	23.76	75.69	.617	.585	.00158	789	96	10	287
B. Chocolate pudding, dry mixture.....	1,791	28.45	62.47	278.61	.108	.434	.00436	1,853	44	0	82
UU. Date blanc mange.....	620	14.04	17.25	102.21	.500	.406	.00409	734	110	7	221
UU. Rice pudding, pineapple sauce.....	576	9.04	10.08	112.12	.320	.253	.00111	562	127	46	181
UU. Tapioca pudding; apple.....	551	.83	2.71	131.13	.074	.089	.00147	221	53	53	43
apricot.....	538	15.67	14.63	85.83	.457	.521	.00665	5,396	70	19	200
peach.....	451	8.96	12.28	76.23	.315	.275	.00142	1,594	81	14	161
O. Corn meal mush.....	267	6.67	1.48	56.67	(.012)	(.114)	(.00067)	(450)	(0)	(0)	(0)
UU. Macaroni with tomato sauce.....	358	11.66	11.36	52.13	.033	.132	.00146	2,447	51	41	28
EGGS											
UU. Eggs: hard-boiled, creamed.....	649	34.99	45.20	25.46	.400	.568	.00643	2,707	140	4	341
UU. hard-boiled with tomato sauce.....	422	24.69	25.90	22.32	.141	.362	.00595	5,650	157	68	198
UU. fricassee.....	475	30.63	33.75	12.47	.148	.400	.00657	2,300	108	1	234
UU. goldenrod.....	682	38.43	49.11	21.62	.382	.658	.00792	3,176	165	4	372
UU. scrambled.....	725	51.93	54.03	7.67	.420	.774	.01086	4,053	205	3	476
UU. souffle.....	576	39.40	35.72	24.27	.478	.681	.00737	2,645	196	5	413
MILK PRODUCTS											
UU. Custard, baked.....	487	23.43	24.16	43.92	.560	.523	.00320	1,416	119	8	327
UU. Custard sauce.....	681	25.73	43.33	47.12	.567	.795	.00822	3,171	203	8	370
O. Mayonnaise.....	3,200	8.00	344.89	16.00	(.022)	(.101)	(.00146)	(510)	(25)	(0)	(30)
MEATS											
UU. Beef: cakes, broiled.....	907	113.65	41.59	19.42	.089	1.274	.01337	397	317	4	675
NN. cooked beef.....	1,559	107.05	125.64	-	.062	1.154	.01606	-	-	-	(630)
UU. ground beef, with rice and tomato...	465	29.82	9.00	66.01	.058	.454	.00519	4,981	238	81	164
NN. hamburger steak, pan-broiled.....	800	110.00	40.00	0	.064	1.186	.01650	(387)	(258)	(0)	(645)
UU. beef liver, creamed.....	671	52.94	38.28	28.76	.313	.655	.01665	19,910	240	53	2,115
UU. beef loaf.....	732	81.67	31.16	31.08	.302	1.052	.01067	886	246	7	563
UU. beef stew with vegetables.....	378	25.03	13.03	40.12	.101	.361	.00434	3,297	142	43	172

COOKED FOODS -- NUTRITIVE VALUES PER POUND

(Figures calculated from data on values of uncooked ingredients)

Food	Energy value	Protein	Fat	Carbo-hydrates	Calcium	Phos-phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
F. Veal: cutlets.....	1,390	111.25	68.56	82.00	0.065	1.199	0.01669	(0)	(155)	(0)	650
WW. Lamb: roast leg, EP.....	755	99.07	39.90	0	.057	1.068	.01486	(0)	(136)	(0)	(567)
F. Pork: fried ham.....	1,780	107.25	150.11	0	.062	1.156	.01609	(10)	1,955	(0)	660
F. roast pork, EP.....	1,440	83.25	123.00	0	.048	.897	.01249	(10)	1,520	(0)	510
Miscellaneous meat products:											
UU. liver loaf.....	686	87.74	22.20	33.83	.127	1.026	.03342	37,919	481	96	3,901
UU. liver and spaghetti.....	461	34.40	15.87	44.87	.065	.413	.01204	18,530	211	104	1,297
UU. Poultry: chicken and browned rice.....	364	29.78	4.99	49.87	.066	.416	.00487	62	104	1	107
FISH AND OTHER SEA FOOD											
UU. Fish: chowder, not specified.....	409	26.96	16.81	37.64	.305	.459	.00239	2,279	82	21	207
O. codfish cakes.....	941	32.94	67.97	49.41	-	-	-	-	-	-	-
UU. haddock, creamed.....	477	53.89	19.50	21.61	.307	.729	.00304	642	43	4	258
F. mackerel, fresh, cooked, EP.....	711	88.91	39.46	0	.097	1.021	.00489	(136)	(122)	(0)	(227)
UU. salmon loaf.....	946	79.14	60.87	20.55	.131	.968	.00630	1,408	186	0	400
UU. tuna fish, creamed.....	588	60.63	28.53	21.87	.316	.806	.00363	2,848	117	9	249
B. Shellfish: clam chowder.....	510	20.30	21.02	59.63	.362	.308	.00820	500	70	20	120
F. oysters, fried.....	1,520	38.75	105.89	103.00	.042	.445	.00213	555	415	(10)	(135)
VEGETABLES AND FRUITS											
VV. Potatoes: boiled.....	444	12.22	.49	97.77	(.064)	(.263)	(.00413)	(181)	(181)	(68)	(113)
UU. creamed.....	434	11.25	15.65	62.18	.212	.282	.00256	590	119	36	143
UU. mashed.....	457	10.48	14.34	71.78	.174	.300	.00345	581	160	54	148
UU. scalloped.....	555	15.17	21.79	74.92	.334	.400	.00325	833	158	46	214
K. Soy sauce.....	315	27.67	5.44	38.56	-	-	-	-	-	-	-
UU. Tomatoes, scalloped.....	337	10.60	2.64	67.17	.100	.153	.00380	7,721	284	63	103
O. Tomato paste, puree; sauce.....	(453)	(6.77)	(32.28)	(33.53)	(.055)	(.131)	(.00204)	(6,657)	(136)	(116)	(47)
Tomato soup (canned).....	227	6.36	3.05	43.43	(.108)	(.255)	(.00432)	(515)	(15)	(13)	(5)
B. Tomato ketchup.....	620	16.87	5.09	124.99	.193	.440	.00123	26,000	545	615	200
B. Chili sauce.....	380	9.57	2.76	78.24	.114	.250	.00100	13,778	282	408	117
UU. Cabbage, buttered.....	406	8.77	26.91	32.05	.276	.181	.00266	862	303	332	303
UU. Spinach, fresh, buttered.....	319	15.38	19.50	21.12	.445	.451	.01687	165,430	396	528	825
UU. Asparagus, fresh, buttered.....	437	10.39	35.96	17.69	.119	.184	.00443	4,144	135	181	335
UU. Beans, baked lima, with tomato sauce.....	535	22.87	10.36	87.36	.112	.447	.01077	3,721	352	62	25
UU. Beans, snap, buttered.....	350	11.65	17.71	36.45	.221	.250	.00468	5,196	189	118	118
UU. Beans, snap, canned, buttered.....	198	5.19	11.96	17.47	.129	.146	.00274	4,978	141	46	115

COOKED FOODS -- NUTRITIVE VALUES PER POUND

(Figures calculated from data on values of uncooked ingredients)

Food	Energy value	Protein	Fat	Carbo- hydrates	Calcium	Phos- phorus	Iron	Vitamin A	Vitamin B	Vitamin C	Vitamin G
	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Sherman units	Sherman units	Sherman units	Sherman units
UU. Broccoli, buttered.....	312	13.04	19.13	21.76	0.065	0.027	0.00556	39,388	127	58	680
UU. Peas, canned, buttered.....	349	16.50	11.62	44.60	.078	.349	.00570	4,636	163	69	119
UU. Peas, creamed.....	349	17.15	8.81	50.36	.112	.354	.00527	2,884	107	43	93
UU. Carrots, buttered.....	469	6.15	29.00	45.19	.277	.229	.00317	21,416	243	34	243
UU. Beets, canned, buttered.....	459	6.80	22.44	57.89	.137	.171	.00353	609	66	18	222
B. Corn chowder.....	615	14.30	31.26	69.10	.250	.361	.00243	547	105	35	170
UU. Soup: creamed asparagus.....	301	12.43	17.06	24.43	.621	.753	.00196	1,618	80	28	249
UU. creamed lima bean.....	1,098	46.77	48.62	118.47	.971	1.080	.01158	1,707	427	16	442
B. creamed mushroom.....	264	9.37	20.38	10.87	.066	.134	.00078	615	17	1	27
B. vegetable.....	305	2.90	22.46	22.52	.062	.088	.00132	1,410	50	25	35
UU. Apple sauce, fresh.....	397	1.21	1.61	94.87	.056	.062	.00145	323	100	100	81
KK. Apple sauce, canned.....	349	.88	1.18	83.85	.021	.035	.00106	(236)	(55)	(29)	(59)
UU. Banana, with custard sauce.....	501	16.17	13.60	78.82	.295	.350	.00355	1,489	135	46	254
UU. Banana, with fig sauce.....	632	7.06	10.45	127.64	.173	.188	.00426	985	107	49	126
UU. Banana, with raisin sauce.....	633	5.32	12.69	124.65	.062	.196	.00653	979	74	47	86
O. Cranberry sauce.....	1,067	-	1.18	263.98	(.041)	(.030)	(.00100)	(45)	0	(45)	0
UU. Fruit cup.....	487	4.33	2.53	111.75	.131	.115	.00368	610	195	157	126
Fruit salad, canned.....	(333)	(1.92)	(.59)	(80.02)	(.063)	(.076)	(.00120)	(4,840)	(110)	(35)	(100)
UU. Pears, baked.....	428	3.29	5.77	90.95	.084	.128	.00149	164	162	33	347
UU. Pineapple with custard sauce.....	470	17.30	16.98	61.95	.435	.405	.00307	1,168	165	46	262
UU. Apples, dried, stewed.....	322	1.44	1.97	74.54	.041	.049	.00135	73	0	0	22
UU. Apricots, dried, stewed.....	558	7.11	1.51	128.97	.127	.190	.01151	10,584	0	30	0
UU. Apricot whip.....	266	12.24	.32	53.63	.061	.061	.00095	7,607	47	8	71
UU. Peaches, dried, stewed.....	406	3.31	.66	97.14	.064	.222	.00966	6,620	0	74	0
UU. Pears, dried, baked.....	742	6.55	7.91	161.47	.152	.248	.00298	116	280	0	345
UU. Prunes, dried, stewed.....	580	4.04	0	140.83	.104	.202	.00548	4,800	150	30	500
UU. Prune whip.....	747	13.69	.22	172.63	.143	.236	.00597	5,109	166	40	596
SUGARS											
B. Jam, not specified.....	1,000	1.82	1.36	245.17	.093	.064	.00154	45	25	114	-
UU. Prune and apple jelly.....	453	7.92	.54	104.26	.091	.125	.00329	2,560	111	52	284
MISCELLANEOUS PRODUCTS											
O. Cucumber pickles.....	70	2.27	1.36	12.25	-	-	-	-	-	(45)	-
B. Mince meat.....	980	23.86	29.20	155.56	.085	.331	.00672	710	66	24	133
B. Vegetable relish.....	251	3.06	.69	58.17	.062	.071	.00098	2,971	61	263	73

